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metroNEWS

Your essential daily news | TUESDAY, MAY 16, 2017

High 12°C/Low 3°C Scattered showers

Piotr Glowacki waves goodbye to members of the Apocalypse Scooter Club on his first attempt at leaving Calgary. CONTRIBUTED

Club tries to aid cursed traveller

SCOOTER CULTURE

Hit-and-run follows pair of breakdowns

Lucie Edwardson
Metro | Calgary

Luck has not been on the side of Polish adventurer Piotr Glowacki in the last few weeks.

Glowacki, who is riding across the world on a 50cc motorized scooter, first arrived in Calgary in late April after his scooter broke down.

After seeing his call for help on social media, Calgary's own Apocalypse Scooter Club stepped in to help him get his ride back in working order.

He made it as far as Winnipeg, where his engine exploded, forcing him to return to Calgary and repair his scooter once more.

Things were looking up as he left Calgary for a second time on Sunday evening. Then, just 40 kilometres east of the city, he was struck by an SUV.

Piotr Glowacki on Monday at Foothills Hospital. CONTRIBUTED

According to Strathmore RCMP, the driver of the SUV took off from the scene at Highway 1 and Range Road 274 on foot — leaving a badly injured Glowacki on the side of the highway.

The driver of the SUV was located that evening with the help of a police dog. Charges are pending.

"I'm embarrassed to hear that the driver took off from the scene because that's not how I'd like a world traveller to see Calgary; it's pretty shameful," said Apocalypse president Spencer Kennedy.

Glowacki is now undergoing surgery at Foothills Hospital.

"The latest is that Piotr has some pretty bad breaks in his legs where the bone is actually coming through the skin, a broken ankle and some damage to his hand," said Kennedy.

Apocalypse members became fairly close with Glowacki during his nearly three-week stay in the city and have set up a GoFundMe page in hopes of raising money to get him back to Poland.

"This is a guy who has travelled tens of thousands of kilometres and he goes 40 clicks out of our city and he gets smoked by someone," said Kennedy. "As optimistic as we all are that he'll get back on his bike, it sounds like it could be the end of the road for a while."

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Ottawa to move on protections for air travellers. **Canada**

Unexpected decision

TRANSIT

Green Line vote was supposed to happen next month

Helen Pike
Metro | Calgary

After a weekend of shock and public disbelief, one councillor implored some of his constituents to keep it in perspective.

On Thursday, Metro broke a story that took Coun. Sean Chu and residents in the city's north by surprise.

Instead of what many residents expected, the city was recommending the first stage of the Green Line stretch between Shepard and 16 Avenue North for a cost of $4.5 billion — nearly 20 kilometres short of the 40-kilometre line the city had envisioned for $4.6 billion.

Coun. Shane Keating wrote a laundry list of recommendations on the fly for councillors to consider.

They include proceeding with the first stage subject to council's final approval, securing guaranteed funding from the province and federal government and to have the mayor work on a plan to fund the rest of the line.

"This project has to start somewhere; that means we're going to have to make some difficult decisions along the way," said Keating in the meeting.

Later, he told reporters he felt fantastic that council decided on the best option.

"If we didn't do it now, it would be vastly more expensive in the future," Keating said.

The line is ultimately envisioned to stretch between Seton in the south and Keystone in the north.

But according to transportation boss Mac Logan, that was never sold as an all-in-one-shot process.

He came to the council strategic meeting on Monday armed with documents beginning in 2015 that show administration's work, which pointed out it would need to be staged.

Mayor Naheed Nenshi said it's possible future councillors and administrations will find the cash to build an extension in the north faster than residents expect.

"We would not have seen this line getting to Highland Park or getting to North Pointe much before 2028 or 2029," said Nenshi.

"I'm hopeful that we'll be able to secure the funding to just keep building after 2026, so they'll actually get the line roughly at the same time they were going to get it anyway."

He said in the southeast it's a different story. He's hoping the city will save some cash on the first stage of construction and get improvements built in as soon as possible.

Administration picked the "stage one" approach to the Green Line because of their planned storage and maintenance facility on Shepard. On Thursday, the mayor pointed out that the line was coming up short in the first phase because of the downtown's tunnelling.

Numbers on debt servicing are higher than previously publicized by the city, and Nenshi said that's a concern.

But he hopes with a commitment from the province the city can save on debt servicing, depending on what kind of deal is struck.

It's expected within the next couple of days he will send an official letter to the province with council's recommendation.

A map of Calgary's first stage for the Green Line construction.
COURTESY CITY OF CALGARY

BY THE NUMBERS

$56M
Projected debt servicing costs for the project

$32M
Provincial and federal share of debt servicing costs still to be obtained

> **If we didn't do it now, it would be vastly more expensive in the future.**
> Coun. Shane Keating

COUNCIL

Tax rate increase possible

Are Calgary's taxes going up next year? It's not clear yet.

On Monday, Mayor Naheed Nenshi made a motion, which was passed in an 11 to 4 vote, for administration to work on adjusting the 2018 budget based on a tax rate increase of zero to 2 per cent. The options administration draft will come back to a new council in November of 2017 for final say after the election.

But some councillors said looking at a range between zero and 2 per cent isn't enough.

Coun. Joe Magliocca actually asked council to entertain exploring a rate ranging between -2 and zero. His motion was ultimately defeated, but some colleagues agreed finding a way to zero is the goal.

Coun. Ward Sutherland said there's been no reduction in the city's operating budget for the past few years. Even next year, he says there aren't any reductions, just another "shell game" to make the city's spending look great. When asked about what kind of tough decisions the city might need to make to get to zero, Sutherland underlined he's not suggesting the city gets rid of all of their unions, but he's hoping administration can truly maximize savings.

"We are a massively large organization, we can continue to have more efficiencies," said Sutherland. "We have to be competitive…in the environment (unions) had better be competitive with the free enterprise, or don't expect to be here; it's not fair to Calgarians." HELEN PIKE/METRO

SCHOOL BUSES

Congregated stops for low rider routes

Lucie Edwardson
Metro | Calgary

Transportation on low-ridership Calgary school-bus routes is going to look a little different in the coming months.

In a Calgary Board of Education announcement to be made Tuesday, congregated bus stops will be rolled out for low ridership routes, Metro has learned.

It's believed most of the low ridership routes are those geared toward alternative programs.

This is not the current system and will likely affect 2,500 CBE students.

It's not clear how near or far from a student's home these bus stops will be.

Further, the announcement is expected to show that transportation funding provided by the government is $549 per student, but a senior high student's public transit pass costs $650 (at $65 a month) for the 10 months of school.

This means that senior high students who are supposed to be covered by Bill 1 as they reside 2.4 km or greater from their designated school will still pay approximately $100 to make up the difference.

EVENTS

Stampede offering unlimited entry pass

Buckle up cowboys: the Calgary Stampede just made access easier than ever.

The organization just announced the new SuperPass, which will provide unlimited entry during this year's event.

"This is the first time we've ever offered an unlimited gate admission pass to our guests. It's a great option for those who don't want to limit their Stampede experience to just a couple of days," said Paul Rosenberg, Stampede COO, in a prepared statement.

The SuperPass will only be on sale from May 22 to June 12 and will go for $39 plus GST.

It's designed to work with your smartphone, and offers the same amount of access as a regular ticket, except it's valid for all nine days of the event.

> **It's a great option for those who don't want to limit their Stampede experience to just a couple of days.**
> Paul Rosenberg

The Calgary Stampede takes place from July 7 to 16. For more information visit calgarystampede.com.

METRO

Sutherland apologizes to council for acting out

COMPLAINT

Coun. Farrell switches seats to avoid distractions

Helen Pike
Metro | Calgary

The council floor has turned into a game of charades.

Last week, during one of the several land-use items on the agenda, a "side conversation" took centre stage for councillors and was captured on video.

In the video, Coun. Ward Sutherland can be seen miming what appears to be a tool being turned back and forth before he seems to mimic someone dying. The unfortunate blocking of his performance happens as Coun. Druh Farrell turns her back to address another colleague.

On Friday, Coun. Brian Pincott, who had seen a video Farrell was sent via email, filed an integrity commissioner complaint on the matter.

On Monday, Coun. Ward Sutherland apologized for his behaviour, but not directly to Farrell.

She's changed her seating since, switching spaces with Coun. Gian-Carlo Carra.

"We have serious business to do, and this is incredibly unprofessional, regardless of what was meant by the gesture," said Farrell. "I have work to do."

Coun. Ward Sutherland's actions caught on video caused a flurry of controversy at Monday's meeting. ELIZABETH CAMERON/FOR METRO

Farrell said its important to talk about systemic behaviour leading up to people feeling uncomfortable, she hopes this incident won't stop women from running as councillors.

Sutherland has said that his colleague's motive to make the incident public are purely political.

"If you actually spend some time looking at the video, I was leaning behind her and talking to Andre Chabot, so it was about a side matter, it had nothing to do with Druh. Zero," said Sutherland.

"You have the right to go and take it to the ethics commissioner, I have no disagreement with it at all... saying that I hate women, or this or that, well it becomes 100 per cent political at that point."

Farrell said so far she hasn't heard from Sutherland personally, and she's not sure what the conversation with Coun. Andre Chabot's was about. And, she isn't convinced the motions caught on camera weren't directed at her.

"There is a pattern of behaviour that has led certain members of council to feel comfortable behaving in this manner in council chambers on camera, that's unacceptable," said Farrell. "(It's a pattern) to women on council."

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Google joins city's Internet exchange

TECHNOLOGY

Some Calgary users are browsing the web faster

Aaron Chatha
Metro | Calgary

If you've noticed your Gmail running just a bit faster, or your YouTube looking just a bit crisper lately, you can thank the good folks at the Calgary Internet Exchange.

Since 2012, the non-profit has steadily been growing in peers, helping people connect across the Internet better, and recently Google joined in as well.

What the Internet exchange does is essentially shorten the distance between networks across the net, and optimize performance.

"Say you're Company A and you wanted to talk to Company B in Calgary," explained Mark Cordingley, one of the exchange's directors. "Without an IX, there's a good chance your packet's going to do what's called a boomerang route. That's where it leaves your city, and it can go to Seattle or Vancouver, and it's going to hop through different networks."

Cordingley said he's even seen some boomerang routes go from Calgary to Vancouver to Toronto, and then back to Vancouver before arriving back in Calgary.

"The Internet is limited by the speed of light, so the longer you make that photon or electron travel, the slower the Internet is going to be," he said.

Not everyone in Calgary is connected to the Calgary Internet Exchange — it can depend on your device or Internet Service Provider, but it's essentially a new route through the Internet, and those who are lucky enough to get put on it, will enjoy a better multimedia experience.

The Calgary Internet Exchange helps connections make a more direct route to their destination. GETTY IMAGES

INVESTIGATION

Shooting of man wielding machete ruled justified

The actions of a Calgary police officer who shot a machete-wielding man at Marlborough mall last year are justified, according to Alberta's Serious Incident Response Team (ASIRT).

According to ASIRT on Sept. 17, 2016 around 2:10 p.m., the Calgary Police Service (CPS) responded to a call of a disturbance in the parking lot of the Marlborough LRT station.

Police were told that a man had been in a physical altercation and was seen running away carrying something that looked like a stick.

The first responding officer engaged with the assailant after he brandished a machete and charged toward the officer, striking him several times.

Although the officer was severely injured, he was able to draw his weapon and fired at the man three times, striking him with all three shots.

The 24-year-old man was charged with offences stemming from this incident. METRO

LAWFUL DUTY

After reviewing the investigation, ASIRT executive director Susan D. Hughson determined that the officer was lawfully placed and in the lawful execution of his duty, saying in doing so it likely saved his life.

CRIME

One hurt, another in custody after stabbing

A man was taken to hospital and a second man is in custody after a stabbing at the Calgary Drop In Centre.

Calgary police were called to the homeless shelter at 11:10 am Monday for reports of a stabbing.

The victim was taken to hospital in serious but stable condition.

One man was taken into custody by police. METRO

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Testing limits of detention

POLITICS

Immigration detention is not constitutional, lawyers argue

The entire system by which Canada indefinitely jails the people it wishes to deport is unconstitutional and should be dramatically redesigned, Federal Court heard on Monday.

Lawyers representing former immigration detainee Alvin Brown, who was deported to Jamaica last year after spending more than five years in maximum-security jail awaiting his removal, argued that Canada's immigration detention system violates multiple sections of the Charter of Rights and Freedoms, namely the rights not to be indefinitely and arbitrarily detained and to be protected from cruel and unusual treatment.

Not only does Canada's current system not protect those rights, lawyer Jared Will told Justice Simon Fothergill, it "sanctions" their violation. Maintaining the status quo is "unjustifiable" and unconstitutional, Will said. "The more complicated question is how to fix it."

Kashif Ali, left, daughter Sakina Millington, centre, and ex-girlfriend Penny Davidson. Ali was ordered released last month after spending more than seven years in jail. TORSTAR NEWS SERVICE

Canada's border police agency detains thousands of non-citizens every year if they have been deemed inadmissible to the country and classified as a danger to the public because of past criminal convictions, or unlikely to show up for their deportation. The average length of detention is about three weeks, but many cases drag on for months or years. One common problem is detainees who lack documentation to prove their citizenship, so their home country refuses to take them back. Although the detainees have not been charged with a crime, many are sent to maximum-security provincial jails, where they are treated the same as those serving criminal sentences or awaiting trial.

A Torstar investigation this year into immigration detention in Canada found a system in which hundreds of unwanted immigrants were languishing indefinitely in conditions meant for a criminal population. It was found that detainees are also poorly served by the quasi-judicial Immigration and Refugee Board, which reviews their detentions.

Last month, Ontario Superior Court ordered the immediate release of Kashif Ali, a 51-year-old West African man, who spent more than seven years in maximum-security jail because the government could not deport him. Calling Ali's situation "unacceptable," Justice Ian Nordheimer roundly criticized the government, saying it could not justify indefinite detention. TORSTAR NEWS SERVICE

+ OVERHAUL

- A Liberal election promise to overhaul the way asylum claims are handled has been postponed indefinitely despite increased numbers of people seeking refuge.
- One of the options on the table is rejigging the historic Immigration and Refugee Board and handing some of its authority to the Immigration Department.

POLITICS

Ambrose to resign as MP

Interim Conservative leader Rona Ambrose is expected to resign her seat in the House of Commons this summer, sources confirmed Monday.

The longtime Alberta MP has been serving as the temporary head of the party since the fall of 2015.

Sources tell The Canadian Press she intends to outline her future plans in a farewell breakfast speech Tuesday morning, ahead of a planned tribute to her in the House of Commons.

She'll also address Conservative members of Parliament and senators on Wednesday in their final caucus meeting before the new party leader is chosen.

Voting is currently underway, with the winner to be announced at a convention in Toronto on May 27, where Ambrose is also scheduled to speak.

Ambrose had always intended to stay on as an MP during the transition period, though she is already moving out of the Official Opposition leader's residence of Stornoway.

She was first elected an MP in 2004 and served in several cabinet positions under former Conservative leader Stephen Harper. THE CANADIAN PRESS

Rona Ambrose
THE CANADIAN PRESS

TRAVEL

Ottawa clearing runway for passenger bill of rights

Ottawa is moving ahead with a passenger bill of rights to give air travellers more recourse to get compensation when travel plans go awry.

Transport Minister Marc Garneau is expected to lay out details of the initiative at a news conference Tuesday morning as the government tables its "Transportation Modernization Act."

The move has been months in the making, but recent high-profile incidents on U.S. airlines and in Canada have put the issue of passenger rights in the spotlight, which, Garneau said, helped underscore the need to protect travellers better.

"That is why, last November, I announced that we would be putting in place what we call a regime of rights for passengers.

"We recognize that when a passenger books a ticket ... (they) are entitled to certain rights, a bill of rights, if you want to call it that," Garneau told reporters in April.

Tuesday's announcement will detail the legislative framework, but the precise details of the bill of rights will be developed by the Canadian Transportation Agency, the body that will be responsible for enforcing it.

When he spoke on the issue last fall, Garneau said the new "rights regime" will establish "clear minimum requirements so that Canadians will know what their rights are and when they are eligible for compensation. TORSTAR NEWS SERVICE

Trump leaked intel: Report

SECURITY

White House denies claims of sharing Daesh info

President Donald Trump revealed highly classified information about Daesh militants to Russian officials during a meeting at the White House last week, The Washington Post reported Monday.

The newspaper cited current and former U.S. officials who said Trump shared details about a Daesh terror threat with Russian Foreign Minister Sergei Lavrov and Russian Ambassador Sergey Kislyak. The threat was related to the use of laptop computers on aircraft.

The White House denounced the report.

"This story is false. The president only discussed the common threats that both countries faced," said Dina Powell, deputy national-security adviser for strategy, who attended the meeting.

National Security Adviser H.R. McMaster, who also participated in the meeting, downplayed the report as well.

"The president and the foreign minister reviewed common threats from terrorist organizations to include threats to aviation," McMaster said. "At no time were any intelligence sources or methods discussed and no military operations were disclosed that were not already known publicly."

The anonymous officials told the Post that the information Trump relayed during the May 10 meeting had been provided by a U.S. partner through an intelligence-sharing arrangement.

They said it was considered so sensitive that details have been withheld from allies and tightly restricted even within the U.S. government.

The Post said the intelligence partner had not given the United States permission to share the material with Russian officials. By doing so, Trump jeopardized co-operation from an ally familiar with the inner workings of Daesh.

Afterward, White House officials took steps to contain the damage, placing calls to the CIA and the National Security Agency, the newspaper said.

The CIA and the Office of the Director of National Intelligence declined to comment Monday evening.

It's unlikely that Trump has broken any law. As president, Trump has broad authority to declassify government secrets.

Lawmakers from both parties were quick to weigh in.

Sen. Bob Corker, R-Tenn., chairman of the Senate Foreign Relations Committee, said that the Trump White House "has got to do something soon to bring itself under control and order."

THE ASSOCIATED PRESS

President Donald Trump speaks with Russian Foreign Minister Sergei Lavrov during a meeting at the White House last Wednesday. GETTY IMAGES

TRAVEL BAN

Federal judges on Monday peppered a lawyer for President Donald Trump with questions about whether the travel ban discriminates against Muslims and zeroed in on the president's campaign statements.

Acting Solicitor General Jeffrey Wall, defending the travel ban, told the three-judge panel of the 9th U.S. Circuit Court of Appeals that the executive order should be reinstated because it falls well within the president's authority.

CYBERATTACK

Hunt for culprits continues

The cyberattack that took computer files hostage around the world appeared to slow on Monday as authorities worked to catch the extortionists behind it — a difficult task that involves searching for digital clues and following the money.

Thousands more infections were reported with the start of the workweek, largely in Asia, which had been closed for business when the "ransomware" locked up computers Friday at hospitals, factories, government agencies, banks and other businesses.

But the big second-wave outbreak that many feared they would see when users returned to their offices Monday morning and switched their computers back on failed to materialize.

Lynne Owens, director-general of Britain's National Crime Agency, warned a second outbreak could still follow.

The malicious software, known as WannaCry, paralyzed computers running mostly older versions of Microsoft Windows in some 150 countries. THE ASSOCIATED PRESS

EXPLAINER

What you need to know about North Korea's missile launch

North Korea's latest ballistic missile test may be nearly as big a deal as its propaganda machine claims.

Although outside experts see several places where North Korea is likely stretching the truth, the missile launched Sunday appears to be the most powerful the country has ever tested. Some analysts believe the missile, if proven in further tests, could reach Alaska and Hawaii if fired on a normal, instead of a lofted, trajectory.

Here's a closer look at what happened in Sunday's missile launch, which came only a few days after the inauguration of a new South Korean president, and why it's viewed as a worrying development by North Korea's neighbours and Washington.

THE MISSILE

Even before North Korea gave its account of what happened, the launch caught the eye of experts.

Tokyo clocked the missile as travelling about 800 kilometres and reaching a height of 2,000 kilometres during its half-hour flight.

That is a higher altitude and longer flight time than any other missile the country has test-launched, according to several South Korean analysts reached by The Associated Press.

800

How far the missile reportedly travelled.

North Korea's state media generally confirmed those estimates. It said the newly developed Hwasong-12 flew as high as 2,111 kilometres before landing in a targeted area in the ocean about 787 kilometres from the launch site. North Korea said it fired the missile at a high angle to avoid neighbouring countries.

If it had been fired at a normal angle, analysts say, it could have flown much farther — estimates vary between 4,000 and 7,000 kilometres, the upper number putting Alaska and possibly Hawaii within striking distance.

THE NUKE

Outsiders express more skepticism about North Korea's nuclear warhead claims.

North Korea says the missile can carry a heavy nuclear warhead. It also claims to have perfected the warhead's homing and detonation systems under difficult re-entry circumstances.

As with much of North Korea's secretive arms program, this couldn't be independently confirmed.

But experts have long believed that manufacturing a compact warhead for a long-range missile capable of striking the United States is one of the last remaining technologies North Korea has yet to master.

THE RE-ENTRY VEHICLE

There's also skepticism about North Korea's claims about its re-entry technology, which is needed to return a warhead to the atmosphere from space so it can hit its intended target.

Despite North Korea's claim that Sunday's test simulated a re-entry situation, South Korean defence officials say the North probably has yet to master the technology.

"There is enormous pressure when a missile re-enters the atmosphere.... If (electrical) circuits break and a trigger device fails to detonate nuclear fuel, you can imagine that only some twisted metal will fall on Alaska or Hawaii, even if North Korea fires missiles at them," said Kim Dong-yub, an analyst at Seoul's Institute for Far Eastern Studies.

Another important point: One test, even a successful one, does not completely prove a missile's capabilities. THE ASSOCIATED PRESS

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EUROPE

A busy day for new French president

French President Emmanuel Macron hit the ground running Monday on his first full day in office by naming a prime minister from the centre-right and then flying to Germany, where he and Chancellor Angela Merkel pledged to work together to undertake European reforms.

At home, Macron started to shape his government by appointing relatively little-known lawmaker Edouard Philippe, 46, as his prime minister. That made good on a promise to repopulate French politics with new faces and reinforced the generational shift under Macron, who at 39 is France's youngest president.

Macron and Merkel meet on Monday in Berlin. GETTY IMAGES

Then, a large crowd outside the chancellery welcomed Macron to Berlin, with some waving European Union flags. Macron and Merkel were all smiles inside, and the German leader declared that "Europe will only do well if there is a strong France, and I am committed to that."

Germany and France have traditionally been the motor of European integration, but the relationship has become increasingly lopsided in recent years as France struggled economically.

German leaders were hugely relieved by the independent centrist's rout of far-right rival Marine Le Pen in the May 7 presidential runoff, and now they hope that Macron can deliver the economic upturn that his predecessors couldn't.

THE ASSOCIATED PRESS

Soldiers patrol the Isola di Capo Rizzuto migrant centre, near Crotone, Italy. THE ASSOCIATED PRESS

'ATM of the mafia'

ITALY

Mob skimmed millions from migrant funds, police allege

The mafia has moved in on one of Italy's few growth industries: caring for migrants.

Italian authorities on Monday arrested 68 people, including a priest and the head of a huge Catholic volunteer group, Mercy, and accused them of being in cahoots with a major mafia clan that allegedly skimmed millions in public funds destined for asylum-seekers at a welcome centre in southern Italy.

Announcing the arrests, an incredulous Carabinieri Gen. Giuseppe Governale summarized the scam: "The welcome centre and Mercy were the ATMs of the mafia."

Investigators said the Arena clan of the Calabrian 'ndrangheta mob had secured a lock on servicing the Isola di Capo Rizzuto migrant centre for the past decade, thanks in part to its links to Mercy and its regional head, Leonardo Sacco.

Sacco is a well-connected Italian, and his arrest took on broader implications given the number of politicians linked to him. Even Pope Francis has been photographed with him. The Calabrian holding centre is one of Italy's largest, and Mercy is a major national organization that runs migrant centres and provides other volunteer services around the country.

Investigators said Mercy subcontracted catering services to companies run by the Arena clan, which allegedly skimmed some 36 million euros ($39.5 million US) of the 103 million in public funds destined for migrant care at the centre between 2006-2015.

Part of the scam involved putting in for more meals than were actually provided, and then pocketing the money to buy real estate, fancy cars and luxury boats, said Catanzaro prosecutor Nicola Gratteri.

Police said the Rev. Edoardo Scordio, a parish priest affiliated with Mercy, was the "organizer of a true system of exploitation of public funds destined for the migrant emergency."

THE ASSOCIATED PRESS

RIDESHARING

Uber provides public transit in small town

An Ontario town daunted by the cost of building a traditional public transit system has turned to a popular ride-hailing company for a solution.

The town of Innisfil, Ont., is subsidizing the cost of rides for its residents with Uber Canada, offering flat rates to travel to certain public hubs and offering a discount for travel anywhere else within the community.

Some American cities have struck similar partnerships with Uber in the past, but the company said the arrangement in Innisfil, effective Monday, marks the first time a Canadian municipality has enlisted Uber to fill a public transit void. THE CANADIAN PRESS

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PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Alex Abdelwahab/Metro

Building a waterproof city

As climate change becomes a fact of life, natural disasters will hit cities harder and more often. While touring areas of Quebec devastated by flooding last week, Prime Minister Justin Trudeau warned about future struggles. "We're going to have to understand that bracing for a 100-year storm is maybe going to happen every 10 years now or every few years," he said.

Here are some ways cities are becoming storm-resistant:

GREEN ROOFS

Traditional hard roofs cause large amounts of runoff in cities. Many places are prioritizing "green roofs" covered in vegetation to counteract that effect. Measuring six acres, the green roof on the West building of the Vancouver Convention Centre is one of Canada's largest.

ISTOCK

BIORETENTION PARKETTES

In Toronto, the Coxwell/Fairford parkette is one of the first of its kind in Canada. It uses plants to collect and treat stormwater runoff from the surrounding roadway and replaced paved over surfaces with trees and thousands of pollinator plants.

TWITTER/RYURBANWATER

ISTOCK

CONSTRUCTED WETLANDS

In the outskirts of Calgary, the 156-hectare man-made Shepard Wetlands functions as a storm water storage facility, treatment centre and wildlife habitat that naturally filters storm water before it enters the Bow River.

GREEN STREETS

CONTRIBUTED

The City of Paso Robles, Calif., wanted to reduce street flooding, so in 2014 it turned 21st Street into a "green street." Part of the redesign included adding a media filled with plants to filter runoff and slow the flow into sewers.

URBAN WATERSHED

In Seattle, Wash., the Growing Vine Street project uses a series of downspouts, and cascading planters to capture and filter rainwater to ease pressure on storm sewers. Some are even used for irrigation.

FLICKR

WORD ON THE STREET by David Hains/Metro

Stock the shelves with these city-themed reads

With the long weekend rolling in, it's time to find that next great summer read. As part of our new series on urban reads, here are three books for the metro-minded to check out in between the fireworks.

The New Urban Crisis by Richard Florida

For his first new book in seven years, Richard Florida flips the thesis from his landmark The Rise of the Creative Class. He's not as optimistic as he once was, and where he once saw opportunities he now sees people being left behind by inequality. This is partially a response to the likes of Rob Ford and Donald Trump, but it's also an acknowledgement of Florida's blind spots, and how cities must do better.

Street Fight by Janette Sadik-Khan

New York's former transport czar made a name for herself by cutting through opposition to make bold changes, including the revamped, pedestrian-only Times Square. Selling risk-averse residents on change is tough, so Janette Sadik-Khan's tactic is to make great projects and let them shine as the best argument for themselves. To hear her tell it in this book, if cities want streets to work better they can't repeat past mistakes.

A People's History of Chicago by Kevin Coval

Spoken word poet Kevin Coval explores Chicago through moments and people often overlooked by more conventional history books. In this volume, he looks at the Division Street riots, the Treaty of Chicago, and Dr. Margaret Burroughs, the founder of the first African-American museum. The result is a rich and lively portrait of a city with much to offer.

Have a suggestion?
Tell us your favourite books about cities and the people in them.
sjbattersby@metronews.ca

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PUBLIC WORKS
The week in urbanism

CLIMATE COUNTDOWN
The mayor of Sydney, Australia is cancelling her glitzy New Year's Eve bash at the city's famed opera house and putting the funds towards climate change action instead. The $750,000 earmarked for the exclusive party will go to new urban parks, a zero-carbon building contest, and retrofitting buildings for energy efficiency.

BLAST FROM THE PAST
London cyclists are rallying to take back what was once theirs. The city built a network of bicycle superhighways in the 1930s that have since been converted to car parking spaces and other non-bike friendly spaces. Now a campaign to revive the lost history is gaining steam — and cash.

CITY CHAMP Metro's city builder of the week

JEFF HARPER / METRO

Kourosh Rad is a proud immigrant and Halifax resident. A senior urban planner with consulting firm WSP, he works to bridge the gap from developers and architects to city hall and the public. **@RadUrbanist**

URBAN DICTIONARY

DEFINITION
Ponding is when water gathers in a low part of a road, often where there is poor drainage.

USE IT IN A SENTENCE
The **ponding** was so bad on Sabina's street she almost listed it as a waterfront property on Airbnb.

metro LIFE

Your essential daily news

Game of Thrones creator George R.R. Martin reveals five follow-up projects are in the works

Putting on the plaid uniform

HEALTH

Prostate cancer survivor fights the good fight

David Brittain was 53 when he found out he had prostate cancer.

He told his doctor: "I had a lot of hills to climb and a lot of rivers I wanted to canoe. So give me time."

Brittain — now 73 years old — got that time. He's an Air Force veteran, Royal Military College graduate and a prostate cancer survivor. And on June 16, he'll be wearing Plaid for Dad. Plaid for Dad is a campaign by Prostate Cancer Canada (PCC) to raise funds and awareness.

"It's become a wonderful way to celebrate the love for the men in our lives right ahead of Father's Day," said Rocco Rossi, president of PCC. Brittain will be wearing his family's Anderson plaid on June 16.

"I've got friends, relatives, classmates supporting it," Brittain said. "It's nice to see the support for a disease that has gone from not a lot of attention being paid to it, over the last 20 years, to a lot more."

Brittain said being diagnosed with cancer, especially one with low funding and research compared to breast cancer — "really hit me." "I was a skier and a white-water canoeist and I've skydived — so I've busted more bones than most people," Brittain said. "I would say during the day, (you're) pretty cool about it. But when you put your head on your pillow, your brain starts going the 'what-if' route."

Since beating the disease, Brittain has been a strong advocate for prostate cancer awareness. He said seeing his peers support awareness for a disease he experienced "couldn't be any better."

Last year, almost 630 companies wore Plaid for Dad from coast to coast. Eight premiers, 14 mayors and even Navy submarines got involved. And on June 16, Rossi said they'll be putting on a different kind of uniform — a plaid one. TAMAR HARRIS/METRO

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

PLAID FOR DAD metro focus on prostate cancer

'I wouldn't be seeing my grandkids'

Paul Nolan, 68, lives in Surrey, B.C. He is a prostate cancer survivor.

"You appreciate things a lot more. If I didn't have the operation (to remove the cancer), I wouldn't be seeing my grandkids today.

I didn't have them back then, but I have them today. It's life-changing for sure. (My family gave) just a lot more support. They get more emotional, and don't know if they'll see you again, things like that. I have a lot of faith in my higher power, and He took me through it ... I've been to hockey games, (Prostate Cancer Canada) has a booth. I was handing out pamphlets to guys, even wives and girlfriends, and telling them about it. A lot of them didn't know about the PSA (prostate-specific antigen) test. Doing stuff like this just makes more awareness."

JENNIFER FRIESEN

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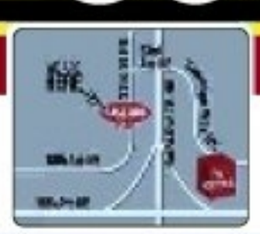

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'Of course I show my vulnerability'

INTERVIEW

Chatty, funny, all-caps shouty, there are many sides to Jen Agg

Zoe McKnight
life@metronews.ca

There are many sides to Jen Agg.

That may be obvious, a truism — we all have many sides — but not everyone is subjected to the same level of scrutiny, often leading to caricature, as the Toronto restaurateur and owner of The Black Hoof, Cocktail Bar, Rhum Corner, Grey Gardens and Montreal's Agrikol.

Media profiles and reviews usually include some reference, sly or otherwise, to Agg's unapologetically blunt manner. The references can be unkind. An April review of the recently-opened Grey Gardens called her a "meanie" while praising her male partner and the restaurant's chef, Mitch Bates. Most describe her as "outspoken," especially when it comes to feminism.

But Agg's new memoir, I Hear She's A Real Bitch, released Tuesday by Penguin Random House, reveals facets of her personality that draw far less attention.

It's part coming-of-age tale (her upbringing in Scarborough, her "starter" first husband), part love letter to her keeper husband (artist Roland Jean), part guide to building an empire and part feminist mission statement (calling out patriarchy and misogyny anywhere she sees it) — all told in the voice familiar to her 13,600 Twitter followers: chatty, funny and sometimes all-caps shouty.

Restaurateur Jen Agg's new memoir I Hear She's a Real Bitch is part feminist mission statement. TORSTAR NEWS SERVICE

Why do you think people care? Why does your personality or reputation matter to people?

If you're going to be somebody who is a direct person, or as people like to call me, 'outspoken,' you can get away with it if you're a man. It's fine, it's no problem. The moment you try to do that and have a vagina at the same time, that's when people start to care. I really, truly believe that.

What's with the title?

It's definitely tongue in cheek. If you don't think it's a little bit funny, you shouldn't read the book. My agent wants to slap me for saying things like don't read the book! It's meant to reference the idea that, when we as women have certain characteristics that are traditionally seen in male leadership — which is silly — instead of being seen as great leaders, we're seen as bitches. That's really what it's a wink and a nod to.

Is it also about your reputation, people talking about you?

That's definitely a thing and I'm aware of it. This is a very small community. I think people feel (a certain) way about me if they don't know me. It's very one-dimensional. I've had people who met me, who are surprised that I'm funny and charismatic and engaged in the conversation. Not a bitch.

Do you think the level of personal detail will surprise people? Did it surprise you?

No! I'm a truth-teller. I've told that story about getting caught with my mom's "personal massager" a million times to my friends. Some of the details will surprise people. I didn't include them for the shock value, though I'm sure that's something I will be accused of. Women writers are accused of that kind of thing, navel-gazing or whatever.

Especially when it comes to their bodies, or sex...

This is something so important to me. Sex should be normalized in our culture, and that's why I included all that detail, to be honest. I've always felt comfortable with sex. Why shouldn't I? Sex is awesome. If you think it's too much information, maybe the problem is you. If I put a skirt on and I ask Roland, 'Is this too slutty?' he'll say, 'That's the other guy's problem. That's not your problem, honey.' I think that's absolutely right.

In the book, you often say, 'my feminism.' How would you describe it?

It's existential, I would say. It's experiential and existential. I think the way I live my life is feminism, full stop. I take up the space, I say the things.

You're tough but there's a lot of vulnerability in your story.

This is the thing. We contain multitudes. That's been said by many people. I am not just my persona. Of course I'm a vulnerable person. Of course I have emotional connections with my husband and family and my friends.

Do you think the people who have worked for me for seven or eight years would still work for me if I was a jackass? Of course I show my vulnerability. When people don't realize there's more to me than 'unf—k the world,' that's pretty naïve.

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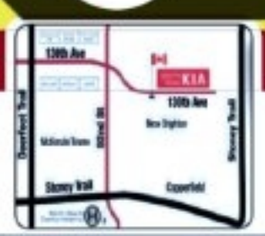

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FOOD

Restaurant warned over horse meat dish

The horse tartare dish served by Scott Vivian. HANDOUT

The U.S. Department of Agriculture has warned a Pittsburgh restaurant to not serve horse meat again after it hosted a Quebecois-themed event.

KDKA-TV first reported that Cure Restaurant hosted a special dinner with Canadian chefs on May 8 that included horse tartare.

The USDA's Food Safety and Inspection Service says Cure chef and co-owner Justin Severino received a warning letter for illegally bringing horse meat into the country.

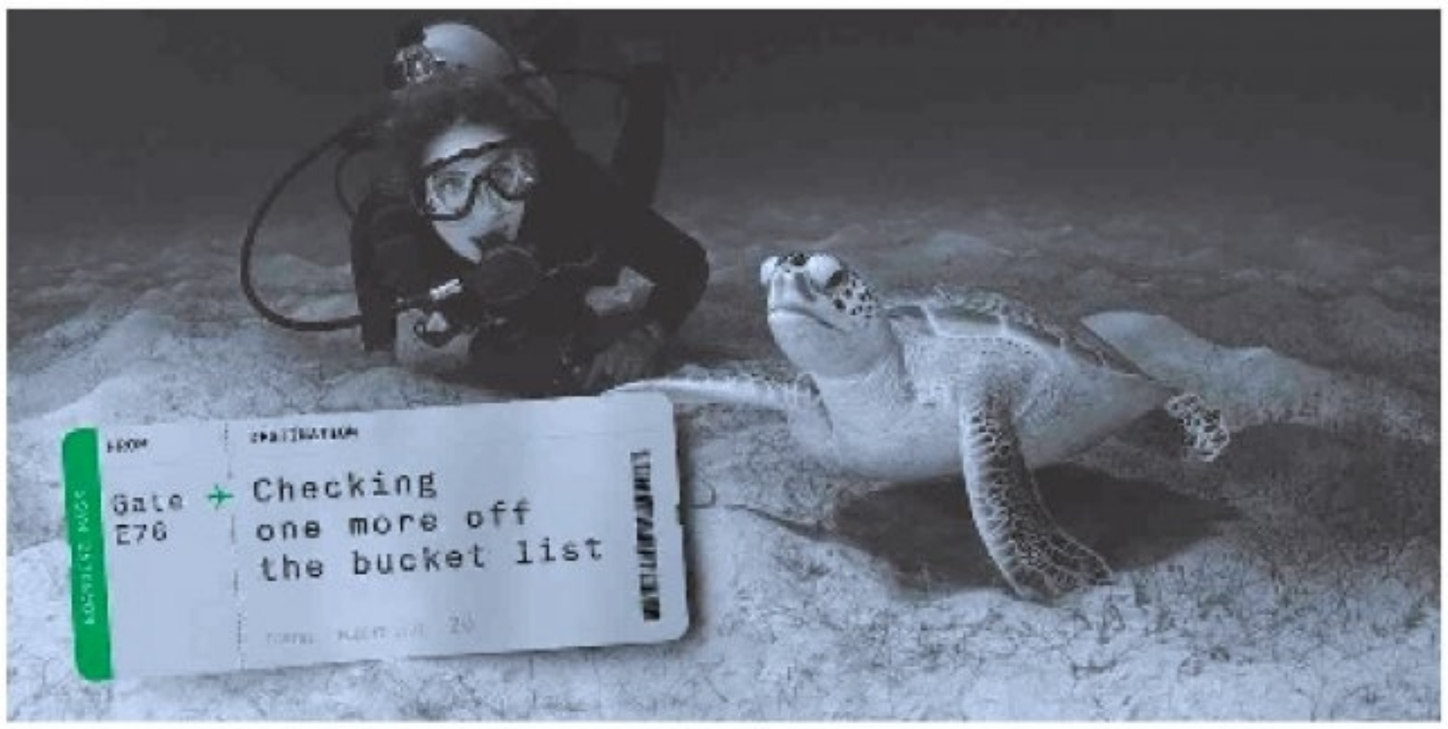
The controversy over the meal has been blown out of proportion, says the Toronto chef who helped prepare the meal.

Scott Vivian, who owns the restaurant Beast in Toronto, was asked by Severino to contribute to Monday's US$95-a-head event with a horse tartare dish.

The horse meat came from an Alberta farm that raises the animals sustainably for human consumption.

"It wasn't meant to shock or surprise people. It was the idea to do a delicious meal," Vivian said from his restaurant, where he serves cuts of meat that customers aren't necessarily used to trying. "I've done seal dinners. I've cooked with beaver. This is the first time anybody's ever made a big deal about it."

THE CANADIAN PRESS



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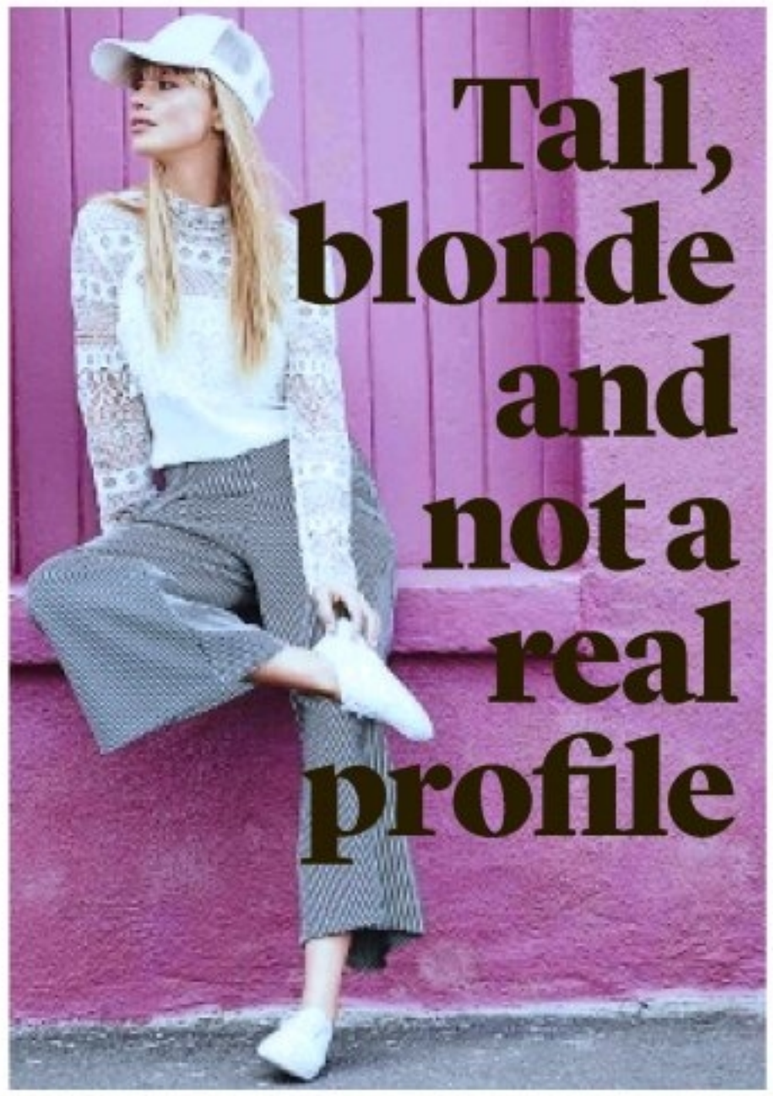

Tall, blonde and not a real profile

Fake accounts hurt your real-life dating experience. ISTOCK

ADVICE

Fake accounts on dating apps spark problems

Sofi Papamarko
life@metronews.ca

After a relationship ended, I made a decision to take the fall and winter off from dating. I needed to reflect. When I felt ready to get back out there, I downloaded the dating app Bumble, which differentiates itself in the market by only allowing women to make the first move.

I was immediately impressed by the calibre of men on Bumble. It was a seemingly never-ending parade of interesting, successful and handsome men. Lawyers and creative directors and CEOs, oh my! Some seemed almost too good to be true — and I started to suspect they were.

Online dating has a rich and sleazy history of fake profiles. With the surge in popularity of mobile dating apps, there came a surge of fake profiles migrating from websites to apps; suddenly, pornbots and scammers were just a smartphone swipe away, hoping to part you with your money, confidence, swiftly fleeting youth/beauty/fertility or all of the above. They sure come in pretty packages, though.

Less than a week into my dating app adventure, I Bumbled across a dreamy man. We'll call him "Jake". This tousled Brad Pitt lookalike stated in his profile that he was the corporate director of large Canadian firm I won't name — an impressive title for a 33-year-old who looks like he's spent far more time on a beach than in a boardroom.

Suspicious, I got in touch with their head office. They had a few different corporate directors, they told me, but nobody by his name was found.

Jake — or at least the version of Jake profiled on Bumble — did not exist. I enlisted male friends to tell me about their experience on the app. According to them, a disproportionate number of women are leggy blondes who work as professional models.

Bogus profiles are not a Bumble-specific problem. Among flesh-and-blood humans looking for love and lust on dating apps and websites, there are enough fake profiles and chatbots sprinkled in to ruin the whole experience. They'll post or message links to spam or pornography sites, try to steal your information or just plain ignore you.

Most dating apps have a way to flag or report fake profiles, but it can be difficult to tell what's real and what's fake at first blush.

Even if you walk away with your credit card number and dignity intact, fake profiles on these apps can still negatively impact your dating life. If we allow beauty-stacked dating apps to form our impressions of what's out there, what's actually out there is bound to disappoint.

The bevy of beautiful bots in the black mirror won't date you because they're not real. These online fantasies are actually ruining it for average schlubs who would make wonderful partners.

If you want to get a realistic sense of your dating pool, open your eyes — not an app.

TORSTAR NEWS SERVICE

MEET THE FINALISTS OF THE 26TH ANNUAL EMERALD AWARDS

The Cleveland Cavaliers have reached a sponsorship deal to wear the Goodyear winged-foot logo on the fronts of their jerseys starting next season

Scoring critical deals

The four teams left vying for the Stanley Cup all made a handful of significant trades to get to this point. As much as GMs complain that it's hard to make deals because of the cap, Pittsburgh's Jim Rutherford, Ottawa's Bryan Murray and Pierre Dorion, Nashville's David Poile and Anaheim's Bob Murray have shown a knack for getting good ones done.

Pittsburgh Penguins

No team in the NHL has benefited more from big trades than defending-champion Pittsburgh.

Weeks after he was hired, Rutherford acquired Patric Hornqvist from Nashville for James Neal at the 2014 draft. He sent Robert Bortuzzo to St. Louis for Ian Cole during the 2014-15 season. The following summer, he got Phil Kessel from Toronto for prospects and Nick Bonino for Brandon Sutter.

And that was just the start. Last season, he traded Rob Scuderi straight up for Trevor Daley, got Carl Hagelin from Anaheim for David Perron and paid a value price of a third-round pick to acquire Justin Schultz from Edmonton.

14

Kessel is in a tie for fourth with 14 playoff points.

At the 2017 trade deadline Pittsburgh acquired Ron Hainsey from Carolina, and the veteran has proven important as the injuries pile up.

But perhaps Rutherford's smartest move this season was the trade he didn't make. Goaltender Matt Murray won the Cup last year and was the No. 1 of the present and future, so Rutherford took calls on Marc-Andre Fleury that "didn't go very far" before holding on to him.

With Murray injured, the Penguins wouldn't have gotten this far without Fleury's play.

THE ASSOCIATED PRESS; PHOTOS BY GETTY IMAGES

Ottawa Senators

The Ducks' desire to dump **Bobby Ryan** in the summer of 2013 is finally starting to work out for the Senators, who paid a hefty price of Jakob Silfverberg and prospect Stefan Noesen to get the scoring winger. Ryan has had his share of slumps, even this season, but three of Ryan's five goals this post-season are game-winners and he has 11 points in 13 games.

"When we traded for him a few years ago, we were expecting the Bobby Ryan we've got right now," said goaltender Craig Anderson, acquired in a 2011 trade with Colorado for Brian Elliott

The Senators also got third-leading scorer Derick Brassard in a trade last summer with the Rangers, defenceman Dion Phaneuf from Toronto during the 2015-16 season and centre Kyle Turris from Arizona in 2011. Ottawa picked up forwards Alex Burrows and Viktor Stalberg at the most recent deadline for depth.

Nashville Predators

Hornqvist for Neal has worked out for Nashville, too, but nothing like the three other swashbuckling moves Poile has made: getting then-prospect Filip Forsberg from Washington at the 2012 deadline for Martin Erat and Michael Latta, trading Seth Jones to Columbus for Ryan Johansen last season and shocking the hockey world by getting P.K. Subban from Montreal for Shea Weber last June.

P.K. Subban

Subban for Weber looked like a long-term steal for the Predators as they got a younger, more mobile puck-moving defenceman in part because Montreal preferred a safer style of play. Subban is now part of arguably the best blue line in hockey, featuring homegrown Roman Josi, Ryan Ellis and Mattias Ekholm.

The Predators in previous years picked up now-captain Mike Fisher in a deal with the Senators. The price? A first-round pick that turned into Noesen, the pot-sweetener Ottawa used to get Ryan.

Anaheim Ducks

As good as the Ryan trade is now for Ottawa, it has been superb for Anaheim as Silfverberg had 18 points in the 2015 post-season and this year is tied with captain Ryan Getzlaf for the team lead in goals with eight.

The Ducks also got two important pieces from Vancouver: shutdown centre Ryan Kesler at the 2014 draft and defenceman Kevin Bieksa a year later. Kesler was crucial in slowing Edmonton's Connor McDavid in the second round, and the price just happened to include now-Penguins hero Bonino.

IN BRIEF

Canada crushes Norway thanks to power play

A dynamite power play, and a little bit of attitude, got Canada back on the winning track at the world hockey championship.

Colton Parayko scored twice as Canada clinched first place in its preliminary-round group with a 5-0 win over Norway on Monday.

THE CANADIAN PRESS

Leonard ruled out for Game 2 with ankle injury

Spurs coach Gregg Popovich has ruled Kawhi Leonard out for Game 2 of the Western Conference final with a sprained left ankle caused by what Popovich described as a "dangerous" and "unsportsmanlike" closeout by Golden State's Zaza Pachulia.

Leonard had an MRI on Monday and Popovich had no timetable for his return.

THE ASSOCIATED PRESS

Terry going out with a bang

John Terry scored for a 17th successive English Premier League season as newly crowned champion Chelsea beat Watford 4-3 courtesy of Cesc Fabregas' late strike on Monday.

Terry made his 716th Chelsea appearance and likely his penultimate one at Stamford Bridge, scoring his 67th goal.

THE ASSOCIATED PRESS

Shaky Sharapova gets victory in Rome

Taking advantage of another wild card upon her return from a 15-month doping ban, Maria Sharapova overcame a shaky opening set to defeat 58th-ranked Christina McHale 6-4, 6-2 in the first round of the Italian Open on Monday.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Kessel goal pulls Pens even

Phil Kessel scored at 13:05 of the third period to break up a goaltending duel and give the Pittsburgh Penguins a 1-0 win over the Ottawa Senators in Game 2 of the Eastern Conference final Monday night at PPG Paints Arena.

2017 NHL PLAYOFFS
SERIES TIED 1-1

That gives the teams a 1-1 split heading to Ottawa for the next two games. Game 3 is Wednesday.

Penguins goaltender Marc-Andre Fleury made 22 saves to earn his second shutout of the playoffs, and second in three games, as well as the 10th of his career in the post-season.

Ottawa goaltender Craig Anderson made 28 saves.

THE CANADIAN PRESS

NBA PLAYOFFS

Celtics make Wiz disappear

Isaiah Thomas scored 29 points and had 12 assists, Kelly Olynyk scored a career-playoff high 26 points and the Boston Celtics used a big fourth quarter to outlast the Washington Wizards 115-105 in Game 7 of the Eastern Conference semifinals Monday night.

Boston advances to the Eastern Conference final, where it will host the Cleveland Cavaliers in Game 1 on Wednesday.

Led by Olynyk the Celtics got a huge lift from their bench, outscoring their Wizards' counterparts 48-5. Boston also connected on 11 three-pointers, including eight of 13 in the second half.

Bradley Beal led the Wizards, who were playing their first Game 7 since 1979, with 38 points, including 24 in the second half. THE ASSOCIATED PRESS

26TH ANNUAL EMERALD AWARDS

JUNE 6
2017

Emerald Awards recognize and celebrate outstanding environmental achievements across all sectors in Alberta.

The finalists of the 26th Annual Emerald Awards were selected by a panel of knowledgeable third-party judges.

The 26th Annual Emerald Awards will be presented in Edmonton on JUNE 6, 2017.

Alberta Emerald Foundation

Find out more at:
EMERALDFOUNDATION.CA

BULLFROG POWER CALGARY IN SMALL BUSINESS

A returning three-time Emerald Awards Finalist in the Small Business Category, Bullfrog Power is Canada's leading green energy provider, offering individuals and businesses renewable energy solutions.

"Since we were nominated last year, the number of community renewable energy projects that we've been able to provide funding to has really ballooned and that is a direct result of the customers that we have that are buying more green energy from us," explains Gary Fredrich-Dunne, Sales and Marketing Manager, Bullfrog Power.

"It's really exciting to feel the growth in renewable energy solutions taking place and we have been seeing real progress into new renewable energy infrastructure across the county as a result."

By choosing green energy, Canadians can reduce their environmental impact while supporting the development of community-based renewable energy projects, which helps transition Canada to a cleaner, healthier future.

"I think that the reality is that climate change is the defining issue of our time and one of the biggest challenges facing society and our energy choices are such a key part of that."

Thousands of Canadian homes and organizations are doing their part to address climate change and air pollution by switching to green energy with Bullfrog Power as well as many environmental non-governmental organizations and non-profits.

"Being able to put that power into the individual or organizations' hands and giving the options to choose what kind of energy they want to see and what they want the energy landscape of the future to look like is really important," Fredrich-Dunne adds.

THE HEARTLAND BEAUTIFICATION COMMITTEE

As their motto says, they've been keeping Stettler "clean and green" for years. Now, The Heartland Beautification Committee, a group of local volunteers, has been named an Emerald Awards Finalist in the Community Group & Not-for-Profit: Grassroots category.

The Heartland Beautification Committee (HBC) was appointed by the town of Stettler and the group's eco-friendly projects are designed to raise awareness of society's habits that have unintentional yet drastic impacts on the planet.

"Our goal is to encourage attitude and habit change at the local level, one positive project at a time," says Grace Fix, vice-chair of the committee. "The attitudes and habits we are addressing are similar to those in other communities. We hope our successes will inspire and encourage other communities to address these same issues at the local level."

By believing strongly in "Think globally – act locally," the group says that the community has reacted positively to their projects, which shows that habits and attitudes can be changed, one project at time.

Stettler residents have enthusiastically embraced HBC's many projects over the past six years, including community gardens, Bring Your Own Shopping Bag campaigns, Trying to Be Idle-Free awareness and Earth Week Clean-Up Events, among others.

The group says they are thrilled to be named as an Emerald Award finalist, but they admit they couldn't do this without the support of the community.

"New habits are started by a few, but soon they become contagious and are adopted by more and more people, resulting in much greater change. To have our work recognized by the Emeralds is very humbling and gratifying," Fix adds.

SPONSORED CONTENT

LEARNING CURVE

Students chopping their way to a culinary career

This fall, SAIT is cooking up some excitement in downtown Calgary.

SAIT recently revealed plans for the Tastemarket, a new, state-of-the-art, culinary campus designed to foster culinary entrepreneurship, creative exchange, and innovation.

Once complete, the 9,000-sq.-ft. unique space will feature applied education programming that will cultivate the next generation of leaders in the culinary community.

The Tastemarket by SAIT will be an incubator for entrepreneurs and provide students and graduates with a flexible platform to generate and market their products to the public.

It will feature four stations: charcuterie and bar, patisserie, flatbreads, and a line with daily creations prepared by student entrepreneurs.

The Tastemarket campus is designed around SAIT's new culinary entrepreneurship post-diploma program.

"This one-year certificate will teach students the necessary business skills required to successfully own and operate a food service establishment," says Cindy Findlay, academic chair of SAIT's culinary programs and entrepreneurship.

"Learning will occur in a unique hands-on facility in the heart of downtown Calgary, with applications being accepted until July 17."

In the intensive certificate program, top culinary graduates from across the globe will be immersed in the day-to-day operations of a real-life hospitality enterprise.

This new post-diploma program works in conjunction with SAIT's vision of providing lifelong learning to all people.

"Lifelong learning is essential to personal and professional growth," says Findlay. "The workplace is constantly evolving and we need to remain current to stay relevant."

Everyone has something to gain from lifelong learning.

"The day you stop learning is the day you start getting old, even the wisest people learn something new every day," adds Findlay.

Getting an education at SAIT sets students up for a successful career. SAIT provides world-class education in small-class settings. Curriculum aligns with industry needs and is delivered by faculty who are passionate about student success.

CONTRIBUTED

The new culinary entrepreneurship post-diploma program will be taught by SAIT's award-winning faculty, students will also benefit from professional mentorship by industry leaders. Students will learn first-hand about everything from business operations and finance to regulations and human resource management.

The Tastemarket by SAIT will be located at 444 7 Ave. S.W. and is scheduled to open in September.

The Tastemarket is the seventh experiential learning environment operated by SAIT's School of Hospitality and Tourism, one of the top 50 hospitality and hotel management schools in the world (as named by CEOWorld Magazine).

For more information about the Tastemarket or the new culinary entrepreneurship post-diploma program, visit sait.ca.

Become a part of the evolving energy industry

Investing in education is a good idea for anyone interested in entering an industry or even changing industries.

The evolution of the industry combined with SAIT's connection to industry enables them to be at the forefront of these changes.

"Applied education has proven to be one of the most effective modes of learning resulting in employment," says Rod Miller, associate vice president, corporate training solutions, SAIT.

"So, for those considering entering an industry or changing industries, SAIT is an ideal place to enroll for skill development."

The energy sector is one industry that has seen an evolution over the past few years.

"The changing face of energy in Alberta gives us a perspective of new and emerging trends in energy and related areas of study," says Miller.

"Green technologies, along with renewables, are key drivers of change to the traditional hydrocarbon energy Alberta is known for."

The energy programs delivered at SAIT through the MacPhail School of Energy are industry ready and delivered through the applied education model.

Cobbe Career Exploration Centre. CONTRIBUTED

"This ensures we deliver what industry needs and the application of learning in our lab environments ensure the students are effective when they enter the industry," says Miller.

"Our programs remain relevant to industry through our academic advisory committees, which are members from industry who advise us on what programs are most relevant and what we should be teaching in those programs."

SAIT also engages the industry in many different ways, ensuring students have an opportunity to learn more about their field of study and to network.

From an energy perspective, SAIT has a rich history and strong reputation for producing graduates who are employable and highly skilled in their field.

Combine this with industry connections, and SAIT has a powerful offering for students considering entering this sector, or any other for that matter.

"Whether a student engages with SAIT through our full-time programs, career development programs, continuing education programs, or through our corporate training programs, the applied education model applies to all," says Miller.

"As a result, students have both the knowledge, skills and abilities to meet the needs of industry once they complete a program here at SAIT."

For more information about how to start on your journey to lifelong learning at SAIT's MacPhail School of Energy, visit sait.ca.

Further your career in human resources

The new human resources management graduate certificate offered through Red Deer College is an excellent opportunity for someone with a degree who is looking to get into the human resource field, or as a way to further their career with additional training.

The graduate certificate is a new credential in Alberta, which also makes this program unique for post-secondary institutions in the province.

"This program focuses on fundamental human resource policies, standards of professional practice, as well as promoting health, safety and wellness, and strategies to improve company culture, productivity and morale," says Darcy Mykytyshyn, dean of the Donald School of Business at Red Deer College.

The 13-month program, which is currently exclusive to Red Deer College, is offered in a flexible delivery format with a mix of online learning and four executive weekends at RDC's downtown campus.

CONTRIBUTED

"We designed this program to give learners the best of both worlds and the flexibility that a working professional requires," shares Mykytyshyn.

Upon graduation, students receive an RDC graduate certificate and will also prepare graduates for the Chartered Professional in Human Resources (CPHR) designation.

Applications are now open for the first intake of students, with classes beginning in September.

To apply for entrance into this program, learners must have an undergraduate degree in any discipline from an accredited post-secondary institution.

For more information on the new human resources management graduate certificate, please visit rdc.ab.ca/hr-certificate.

GIVE YOURSELF AN EDGE WHEN IT COMES TO LOOKING FOR JOBS

Coming from Italy, where he was doing accounting-related work for an IT company, Edoardo Bravi arrived in Canada with a desire to remain in this field.

"The reason I choose this field is that I think accounting is a very broad and interesting field that can be applied to many industries," explains Bravi.

"There are also abundant job opportunities in this field, especially in our province."

To give himself an edge when it came to looking for jobs in Canada, Bravi chose to expand his knowledge through the University of Lethbridge CPA bridging program.

"The CPA bridging program gave me good opportunities to network with my peers and has provided good guidance on career development," says Bravi.

This flexible and high-quality program provides an approved pathway for entry into the CPA Professional Education Program (PEP), the path to Canada's most pre-eminent business and accounting designation.

Since completing the program, Bravi has found employment as a staff accountant at SVS Group LLP Chartered Accountants.

CONTRIBUTED

"The best part of my new career is that I work at a public accounting firm which exposes me to different kinds of clients and entities and gives me hands-on experience on tax, auditing and other specific knowledge," says Bravi.

"I can always learn new things from different cases and keep developing my skills."

The next intake for the CPA bridging program is this fall.

For more information about the University of Lethbridge bridging program, visit uleth.ca/future-student/cpa or email cpa.bridging@uleth.ca

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Windows 7 & Internet/Email	12	Tues-Fri: (6:00pm-9:00pm) May 2-5 Mon-Thurs: (6:00pm-9:00pm) June 5-8	$120
MS Word Foundation	18	Mon-Mon: (6:00pm-9:00pm) May 8-15 Saturday: (9:00am-3:00pm) June 3, 10, & 17 Mon-Mon: (6:00pm-9:00pm) June 12-19	$120
Outlook	12	Tues-Fri: (6:00pm-9:00pm) May 23-26 Saturday: (9:00am-3:00pm) June 3, 10	$120
MS Excel Foundation	18	Saturday: (9:00am-3:00pm) May 13, 20, & 27 Mon-Mon: (6:00pm-9:00pm) May 29-June 5 Mon-Mon: (6:00pm-9:00pm) June 12-19	$120
Social Media for Employment (LinkedIn, Facebook)	12	Mon-Thur: (6:00pm-9:00pm) May 29-June 1 Saturday: (9:00am-3:00pm) June 10 & 17	$120
On-Line Job Search	18	Saturday: (9:00am-3:00pm) May 13, 20, & 27 Mon-Mon: (6:00pm-9:00pm) May 29-June 5	$120

REGISTER FOR ALL PROGRAMS - SPECIAL PRICE: $650 (SAVE $310)

* Please be advised that schedules and fees are subject to change without prior notice.

Partial funding for this program provided by Alberta Advanced Education and Technology through: CALGARY LEARNS

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Empowering students to reach their goals

The UR Guarantee program at the University of Regina is designed to support students through every step of their university experience by empowering them to achieve their educational, career and life goals.

The program provides support to students from first year to academic program completion preparing them for their career after university.

For current UR Guarantee international student Baohui Jia, this program has helped her to adapt to life on campus and make the most of her time at the University of Regina.

"When I came to university, my main challenge was homesickness," says Jia.

"This was because that was my first time leaving my family and coming to another country by myself, it was scary and exciting for me at that time."

Fortunately, the university had lots of programs and events for students, and because Jia lived on campus in her first year, there were also a lot of activities for residence students.

Students of the UR Guarantee at the University of Regina. From left, Rachel Meana, Shelby Piechotta, Baohui (Jocelyn) Jia, Edwin Seto and Tea Gerbeza. U OF R PHOTOGRAPHY

Becoming active on campus helped her overcome being homesick because she spent most of her spare time getting involved and meeting lots of new friends, while maintaining her studies.

"Joining the UR Guarantee helped me to find many of these activities and the program is also awesome because students can get an additional free year of classes if they cannot find a career job within six months after graduation," says Jia.

For more information about the UR Guarantee, visit uregina.ca/urguarantee.

JAZZ UP YOUR SUMMER

For those musicians looking to jazz up their summer, be sure to check out the Ambrose University Jazz Camp taking place this August.

"Since we offer music degrees that have a focus on jazz, the camp is a natural extension of these programs," says Ralf Buschmeyer, sessional jazz instructor and jazz department coordinator at Ambrose University.

This camp builds on the Ambrose music department, which currently has 43 majors and four minors in music degrees.

The camp allows participants 14 years and older (who have some experience in playing jazz) to study under professional instructors in ensemble and small group lessons.

"This camp has been designed for any music student young or otherwise who is looking to expand their experiences and have some fun playing and learning about music for a week," says Buschmeyer.

"Our attendees range from those with a starting knowledge of jazz to some who have been playing jazz for many years."

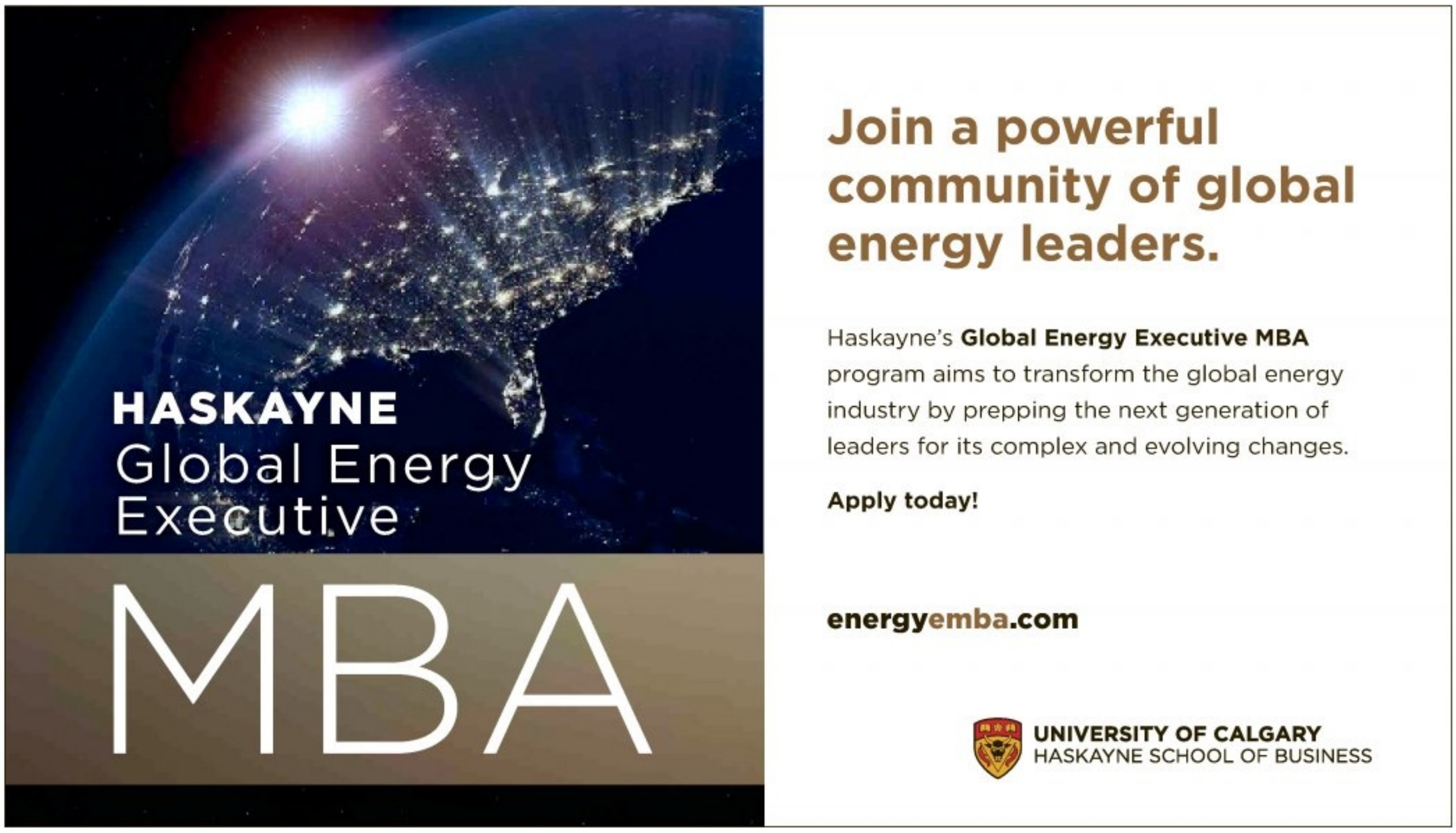
Ambrose Jazz Camp focuses on developing interaction skills, playing within a group context, as well as developing good practice habits.

CONTRIBUTED

"Our ensembles will give participants plenty of opportunity to play and our master classes will give one-on-one guidance to work towards individual goals," says Buschmeyer.

The Ambrose Jazz Camp takes place at Ambrose University from Monday to Friday, August 21 to 25, and will feature guest artist, Greg Bush.

For more information about the Ambrose Jazz Camp, visit ambrose.edu/jazz-camp.



Newcomers gain skills needed for employment

ISTOCK

Calgary Catholic Immigration Society (CCIS) offers a variety of computer training for newcomers and refugees to help them adjust and connect to the workforce and culture in Canada.

"Computer proficiency is now considered an essential skill for employment in Canada, regardless of job level or industry and CCIS develops and delivers programs and services for refugees and newcomers, so they can become vital contributors to the local workforce and community," says Anna Mazur, program coordinator computer training for employment, CCIS .

CCIS is a non-profit organization that offers settlement support to newcomers in southern Alberta.

Since incorporation in 1981, CCIS has provided 35 years of programs, services, and community partnerships.

"The computer training for employment (CTE) program has been designed for learners who wish to build their computer skills, with affordable training opportunities, as well as the necessary information and support to boost their employability and enhance their competitiveness in the job market," says Mazur.

The employment preparation and computer training for refugees program is designed in two separated courses that help build employable skills.

The training is delivered in a professional setting by instructors, who speak Amharic, Arabic and Tigrinya, to ensure that the targeted learners are able to understand and follow along.

For more information, visit ccisab.ca.

Learn what it takes to be an indispensable part of a legal team

If you're looking for a meaningful new career in the legal field, the job of a legal assistant may be for you.

In a law firm, the work of legal assistants is indispensable. You're the backbone that supports the legal team.

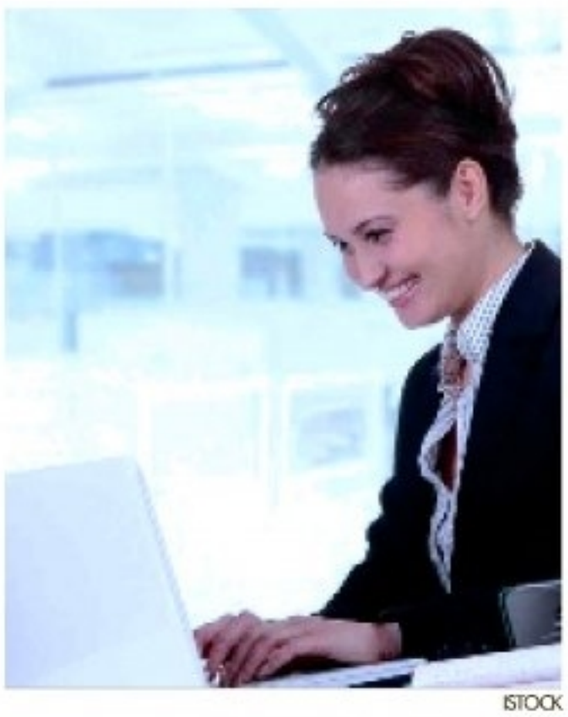
As a legal assistant, you'll gain expertise in one or more areas of the law, including intellectual property, insurance law, torts, civil litigation, criminal law, corporate law, family law, wills and estates, commercial law, real estate law, and more.

Your education will give you a thorough introduction to each of these fascinating areas, so you'll be able to find the one that suits you best.

Work in the field is well paid too. A legal administrative assistant in Calgary makes a median wage of more than $26 per hour, according to the Government of Canada.

If this sounds like the right career for you, start on the path toward becoming a legal assistant by getting the right education.

The Legal Assistant program from CDI College provides the comprehensive, current knowledge and skills you'll need to hit the ground running in this ever-changing field.



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The small class sizes at CDI College will help you get intensive, one-on-one assistance from industry-experienced faculty members.

The practicum placement will help you get the real-world experience you need to get a great job after you graduate.

Find out more at legal.cdicollege.ca, or call 1-877-658-4045.

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You are invited to gather with us to workshop your individual responses to the Calls to Action of the Truth & Reconciliation Commission (TRC) through facilitated conversation.

Dates/Times:
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Help others as a community services professional

Learn to lend support to families, help those suffering from trauma, work with youth at risk, and more

People with addictions need the support of their community to change their lives. Thankfully, there are professionals who are educated and ready to help.

If you're looking for a new career in a rewarding field, and you're empathetic, resourceful and driven, consider starting a career as an addictions and community services worker.

Your work will be invaluable to the community. As an addictions and community services worker, you'll help those with addictions issues get the help they need, lend support to families, help those with trauma, work with youth at risk, and much more.

Where you'll work is up to you — are you more suited to a group home, correctional facility or community mental health centre? The job options are diverse.

Wherever you work, you'll help build a sense of community for your clients — a key component in helping them make their lives better.

The Addictions and Community Services Worker program at Reeves College is the best place to get started on the path to this gratifying career.

The program takes less than a year, and includes a practicum placement in the field. It will prepare you with the latest skills and knowledge, taught by instructors who have first-hand industry experience.

Find out more at addictions.reevescollege.ca or by calling 1-800-690-6144.

CONTRIBUTED

EXPLORE COLUMBIA COLLEGE AT THE SPRING OPEN HOUSE

Open houses and information sessions are a great way to get a real feel for any educational institution.

It is an opportunity to check out campus life, facilities and get a real picture of how students fit into the culture of each school.

On June 8 at 6:30 p.m., Columbia College invites any perspective student to come check out its mini open house/info session at 802 Manning Rd. N.E.

"Potential students will have an opportunity to gain individualized, first-hand information from directors and program chairs, along with expert advice from faculty members," says Carey-Ann Thomson, RDA chair, dental health department at Columbia College.

Columbia College will have representatives from the dental health department, justice and public safety department, health-care programs (health-care aide certificate and practical nurse diploma) and human services/education assistant department on hand to answer any questions attendees may have.

"Dental clinic and nursing lab tours will be held by the department faculty to give potential students a complete visualization of the atmosphere they will be working in while attending Columbia College," says Thomson.

"Together, we are excited about the opportunity to showcase our programs."

Columbia College educates tomorrow's leaders today, and prepares them for employment, Thomson adds.

Over 90 per cent of Columbia College's professional program employers state that they are extremely satisfied with Columbia's graduates.

For more information about the Columbia College, visit columbia.ab.ca.

The advantages of a good massage therapy school

CONTRIBUTED

Not all massage therapy schools are created equal — so not all massage careers are, either.

A good registered massage therapist (RMT) has healing hands and technical knowledge — a balance that depends on the right education. That's why people increasingly picky when they look for RMTs.

This gives graduates of MH Vicars School of Massage Therapy a distinct advantage. Vicars School's strong reputation means its therapists are in high demand.

"Vicars is the school that I recommend the most," says Kip Petch, RMT. Petch is one of Canada's leading sport massage therapists, and works with professional and Olympic athletes. "The last five or six therapists that I've hired have all been from Vicars. They're very well prepared. I endorse it wholeheartedly."

Vicars is one of the few massage colleges in Alberta to meet the Canadian curriculum standard, and the first college named to the Massage Therapist Association of Alberta's approved program list. The Vicars' program is specifically designed for mature students who need to balance school with their work and family responsibilities. That's why it offers weekend-only, monthly, and once-a-week options.

"The flexible schedules allowed me to raise my young family and still attend full-time school," says Christine Huget, a 2014 graduate. "MH Vicars has amazing teachers, and their extensive knowledge gave me a skill set that has made me the massage therapist I am today."

Classes begin in September in Calgary. Visit mhvicarsschool.com for more information.

OLDS COLLEGE IS
GROWING!

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Agriculture Management and Horticulture Programs

Returning this Fall

Land Agent Program

Learn more at **oldscollege.ca/news**

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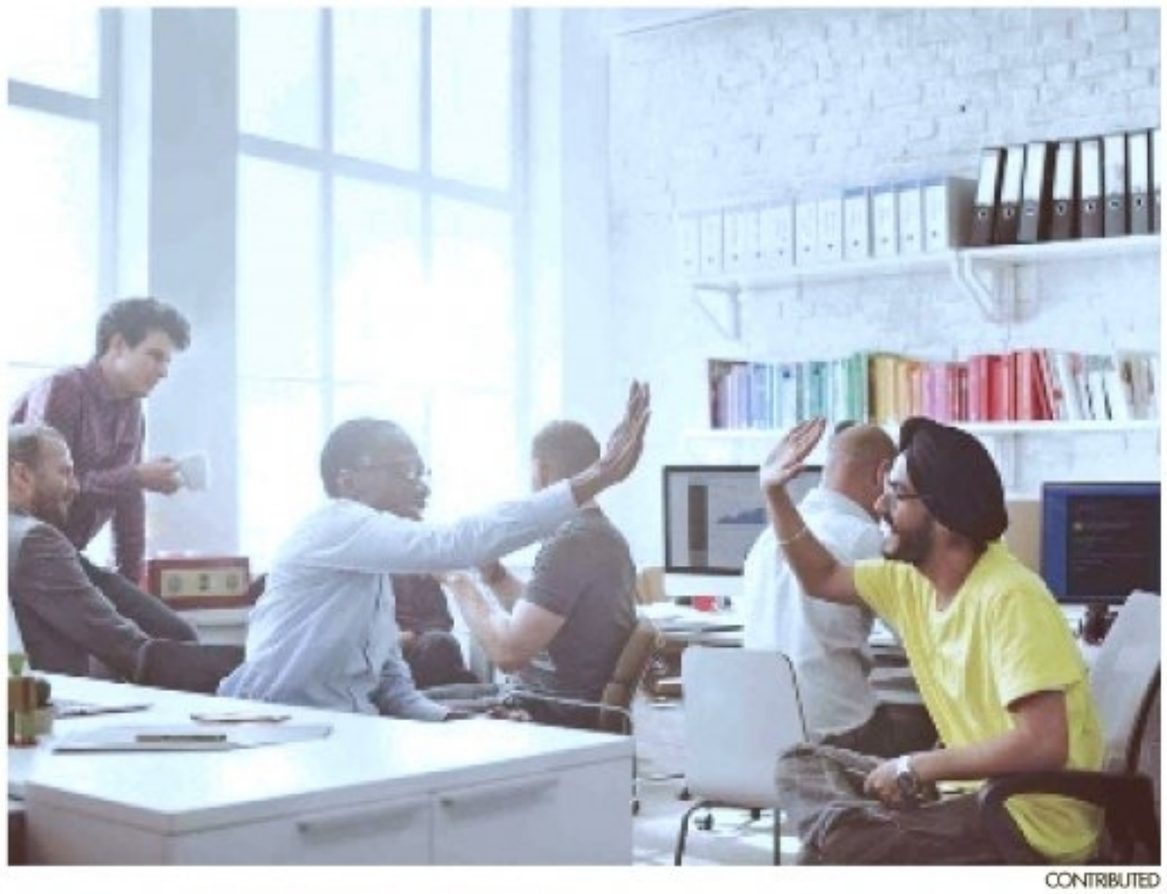
OLDS COLLEGE

Keeping up with Alberta's creative revolution at BVC



CONTRIBUTED

Join the epic battle against mediocrity and be on the leading edge of this dynamic wave.

Discover rewarding careers in creative technology industries with diplomas and post-diploma certificates through the School of Creative Technologies at Bow Valley College.

"Alberta is going through a change from industry focus to the way we do business and with those changes, businesses are requiring a different type of professional that can be flexible, collaborate, and effective in their duties," says Amos Ngai, program coordinator, School of Creative Technologies, BVC.

"Regardless of the discipline you choose within the School of Creative Technologies, all our programs prepare you to work with others, solve problems using creativity and design thinking, and give you the skills to keep learning. Thereby giving you resiliency in a changing economy so you can make a difference in the workplace."

The School of Creative Technologies is a new school at BVC that focuses on training learners in subjects of creativity, design, and technology. It officially launched in February and will be offering diplomas and post-diploma certificates starting this fall.

The School of Creative Technologies is currently accepting applications for the software development diploma, interior decorating diploma, and kitchen and bath design post-diploma certificate.

It will also be accepting applications shortly for the software development post-diploma certificate and digital marketing post-diploma certificate. All of these programs will be a mixture of online, face-to-face, and blended delivery.

"The programs offered through the School of Creative Technologies focuses on real-world scenarios and experience, but with a firm foundation in the concept and theory you need to keep learning throughout your future career," says Ngai.

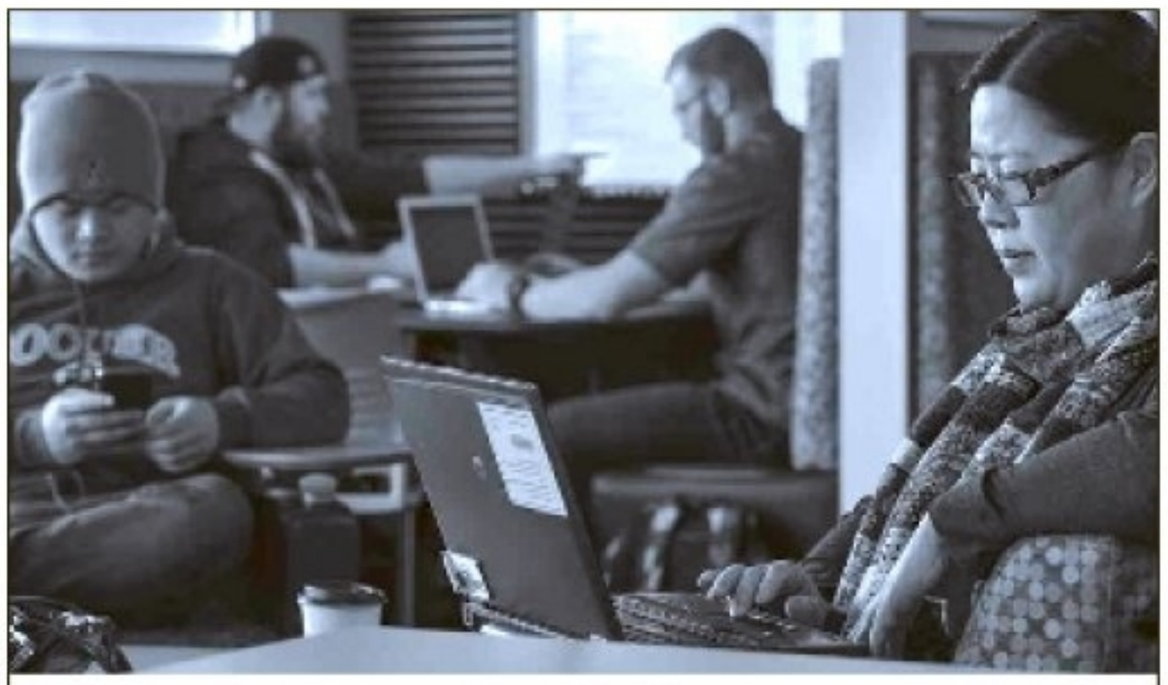
"This differs from traditional trade and technical schooling by preparing the graduate to be successful on day one but also giving them the skills necessary to be a life-long learner."

There are two types of credentials through the school — diplomas and post-diploma certificates.

"Bow Valley College has a long-standing reputation for programing that supports learners from all walks of life," says Ngai.

"We strive to be inclusive and welcoming in all our programs."

For more information about the School of Creative Technologies at Bow Valley College, visit bowvalleycollege.ca.



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University of Regina

St. Mary's University recognized as 'a welcoming space for Indigenous learners'

CONTRIBUTED

Campus gifted with honour of carrying tipi on campus to welcome students, build relationships with Indigenous communities

When Michelle Scott first started working at St. Mary's in 2014, she had gone to a powwow at Siksika and had fallen in love with the idea of St. Mary's carrying a tipi.

"Back then, I had no idea what that journey would entail," says Scott, director of Indigenous Initiatives, St. Mary's University.

"I have been so very, very fortunate to have had many Indigenous knowledge-keepers, elders and community leaders gift me with their patience, love and guidance in our efforts to make St. Mary's University a welcoming space for Indigenous learners."

For the first few years, Scott says they concentrated on building capacity for the university; this meant hosting Indigenous scholars on campus, learning from elders, Casey Eagle Speaker and Edmee Comstock, and focusing on building relationships with Indigenous communities in and around Calgary.

"Most importantly, we were guided by our Indigenous advisory council, which consists of Treaty 7 community members, and stakeholders within the university," says Scott.

"Last summer, I was having a conversation with Saakokoto, elder Randy Bottle, and we started speaking about carrying a tipi."

WE CAN HOLD CLASSES AND CEREMONIES IN THE LODGE, AND HAVE A GATHERING SPACE WHICH HONOURS BLACKFOOT WAYS OF KNOWING AND TRADITION AT ST. MARY'S.

-Michelle Scott, Director of Indigenous Initiatives

She says that Bottle let her know that he had the rights to transfer a tipi, and when St. Mary's was ready, that they could talk about it.

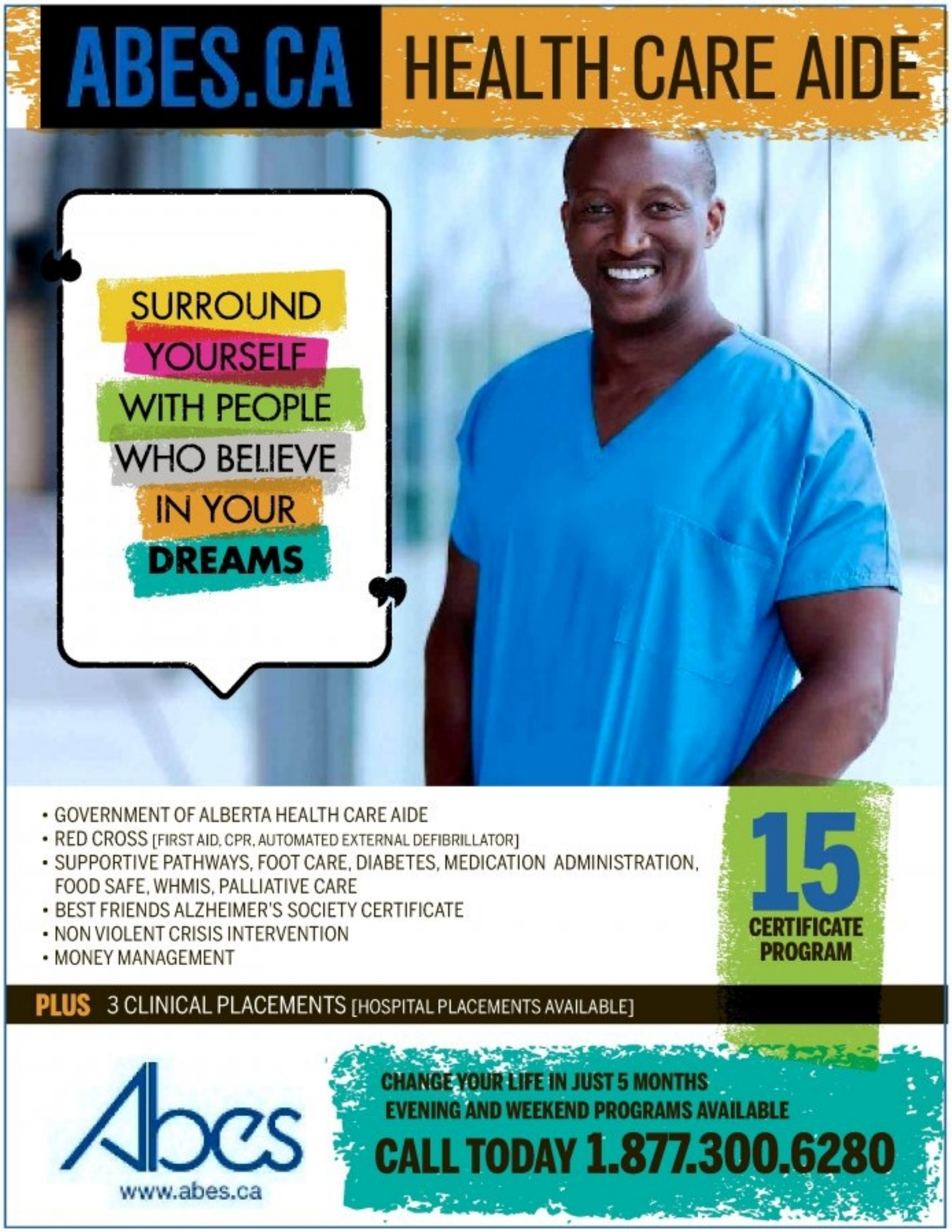
"At our advisory council meeting in October of 2016, we asked that council ... if they thought that we were ready to carry a tipi, and we were told by our council that we indeed are," says Scott.

"I made an appointment to visit Randy in November, I offered him tobacco, and we started planning for St. Mary's to carry a tipi."

For St. Mary's, this means that they will be gifted with the honour of carrying a tipi on campus and that they can continue to learn about what it means to carry a lodge.

"We can hold classes and ceremonies in the lodge, and have a gathering space, which honours Blackfoot ways of knowing and tradition at St. Mary's," says Scott.

"I feel that it is important because to have a lodge, a traditional home on this land, our campus, signifies that St. Mary's is a safe gathering place for Indigenous learners in Calgary."



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BOW VALLEY COLLEGE

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TAKE ON A LEADERSHIP ROLE IN THE ENERGY INDUSTRY

The global energy industry is at a critical juncture with escalating supply demand imbalances, political instability in key energy producing regions and ever-increasing scrutiny from a diverse array of stakeholders.

Along with focusing on current operations and challenges, it is essential for organizations to make strategic choices in planning for the future.

Haskayne's global energy executive MBA program is designed to prepare individuals for an executive leadership position within their organization by broadening their perspective across fuel types, energy value chains and geographically.

"We help you to understand the broader impact of the energy sector and how you can play a role in shaping it," says Michael Wright, PhD, FCPA, FCGA, associate dean, graduate programs, Haskayne School of Business.

The first program of its kind, the global energy executive MBA program provides an immersive experience in key global energy centres.

Students benefit from site visits to energy facilities, exposure to local energy industry leaders and introductions to diverse business cultures.

The program is delivered in just over 20 months, combining six intensive modules in key energy centres around the world with continuous online learning.

During each of the six modules there is a pre-module online leaning component, face-to-face component, and post-module online component.

"This unique delivery model enables the executive student to keep working throughout the program and to immediately apply insights from the program," says Wright.

Students of this program are located all around the world and are learning online where they live during the pre-module and post-module components.

Past students live in Russia, the UK, China, Australia, Vietnam, Middle East, the U.S., Canada, Brazil and more.

"The students in the program represent the top talent from major energy organizations across the globe," says Wright. "They bring a diverse mix of functional and operational expertise from across energy value chains in gas, coal, oil, nuclear and renewable energy sources."

Throughout the program, students are encouraged to draw on and share their professional experiences, and immediately apply what they have learned to drive tangible results within their organizations.

Applications for the 2018 cohort are now being accepted.

To learn more about the global energy executive MBA, contact (403) 220-8439 or visit energyemba.com.

Looking for a career with the satisfaction of helping people?

After spending 10 years working in the oil patch in Northern Alberta, Robert Wiltse was ready for a lifestyle change.

With two children back at home, Wiltse was looking to make a career move that would allow him to spend more time with his kids, while doing something he was actually passionate about.

After volunteering at the Mustard Seed one day, Wiltse decided that he was finally ready to pursue his lifelong passion of helping others and enter into the field of health care.

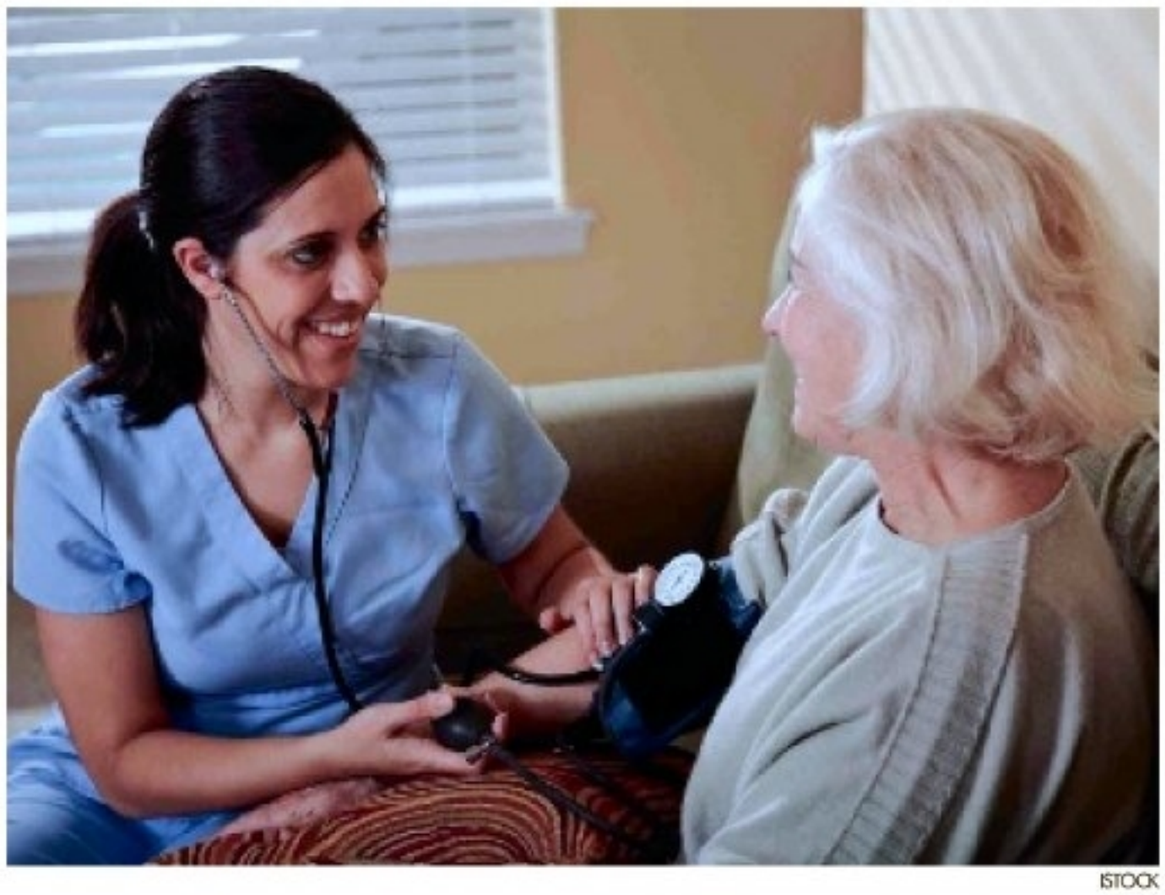
He decided on the Government of Alberta health care aide program at ABES (Alberta Business and Educational Services) to achieve this goal.

"I wanted to make the career change to something that made me happier," says Wiltse.

"For me, in health care there is a satisfaction feeling of being able to help people."

For Wiltse, this desire to help others became prevalent to him at a young age when he was witness to deteriorating health of his grandmother.

"I really wanted to help her, it was really difficult to watch her get sick and not be able to give any supportive care or help," says Wiltse.



ISTOCK

Throughout the program, ABES uses an effective combination of classroom instruction and hands-on clinical training to give graduates the confidence and experience they need to enter the workforce.

Graduates of this program will be fully qualified to work in a hospital, nursing home, group home, care facility, and more.

Before enrolling in the program, Wiltse says he was unsure of what to expect from ABES.

"I really enjoyed my time at ABES and it was definitely exciting," says Wiltse.

"I am really glad I made the choice to go back when I did because now I have no regrets."

One part of the coursework that surprised Wiltse was the course in diabetes.

As a diabetic himself for the past 18 years, he says the course gave him some new knowledge about his own condition and he has made some adjustments with his own health.

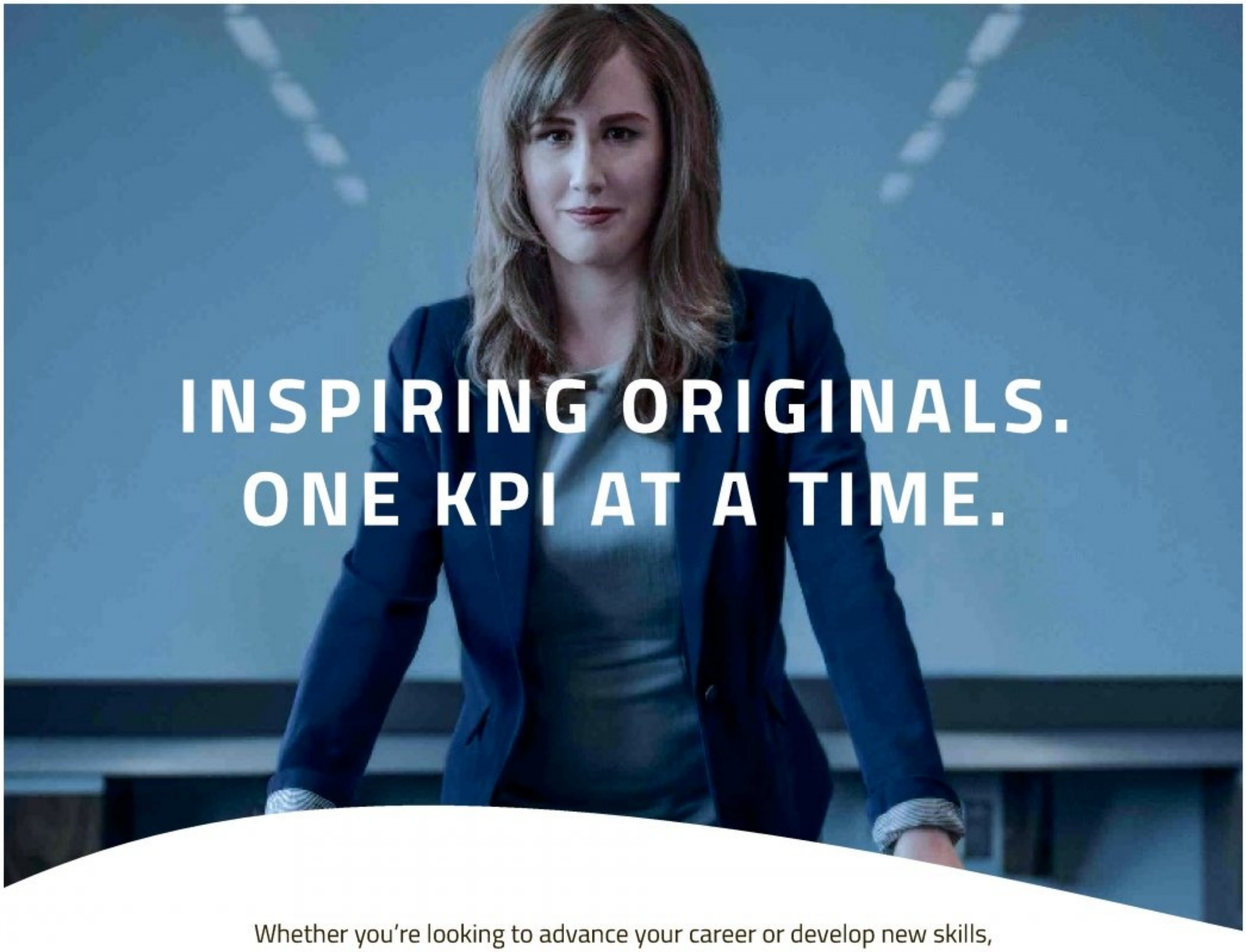
He wants to lead by example when it comes to health, so he has even given up on his 'cheat' days to ensure his children do not suffer for his health choices.

"I just don't want to have this regret with my own health," says Wiltse.

Wiltse completed this 21-week program in March and plans on eventually furthering his education in the health care field as an LPN, or possible look into getting into diagnostics one day.

If Wiltse chooses to, the ABES HCA program offers a bridge to an LPN training program.

For more information about the health care aide program at ABES, visit abes.ca.



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AGGIE PROGRAMMING AT OLDS EXPANDING

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Olds College is expanding some of the more popular programs and adding more seats, as well as bringing back programs that were not offered last year, so that they can get as many students into those programs as are interested.

This includes increasing the seats in the agriculture management diploma program from 75 to 125.

"Our agricultural management program is one of our most popular programs at Olds College and has the highest number of enrolled students," says Dr. Barb Mulholland, dean of the School of Agribusiness, Land and Fashion at Olds College.

"Increasing access to our program demonstrates Olds College's support for the agriculture industry and the confidence we have in our excellent program."

Olds College has also just received a $16 million donation from David Werklund to help fund the Werklund Smart Ag Institute, so that will continue to increase the demand for agricultural programming at Olds College.

Olds College also recently increased the seats in the horticulture technician certificate program from 25 to 50, so they doubled that intake as well.

"This program is very hands on and has seen a real increase as people focus more on finding locally grown produce," says Jennifer Fleckenstein, associate registrar, Admissions & Recruitment, Olds College.

Finally, Olds College is once again offering the first year of the Land Agent diploma program.

It was suspended in 2016 due to the impact of the economic downturn on enrollment, but it's now open for applications and there are still seats available for Fall, 2017.

"For over 35 years, the land agent program at Olds College has prided itself in preparing graduates to work as surface land professionals," says Nicola Millions-Hollamby, instructor in the Olds College land agent program.

"We work with government, industry and the agricultural sector, and continue to adapt to changes in the field and provide our students with the expertise to become junior land professionals that can work in a broad market of employment opportunities."

Olds College work closely with industry to determine when to offer programs, more seats, etc, so that they are meeting the demand of their industry partners for new graduates.

To learn more about the changes happening at Olds College, visit oldscollege.ca/news.

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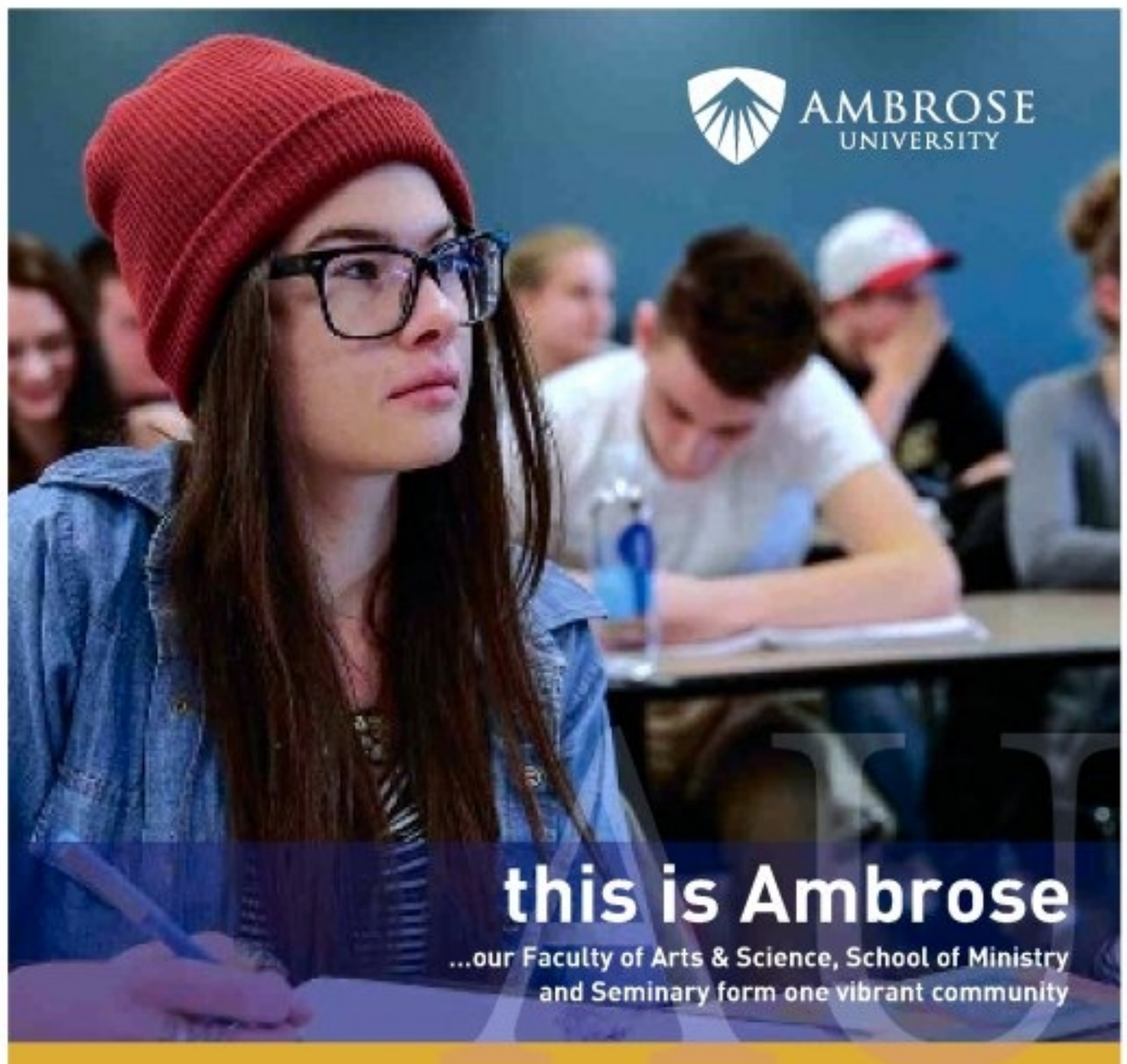

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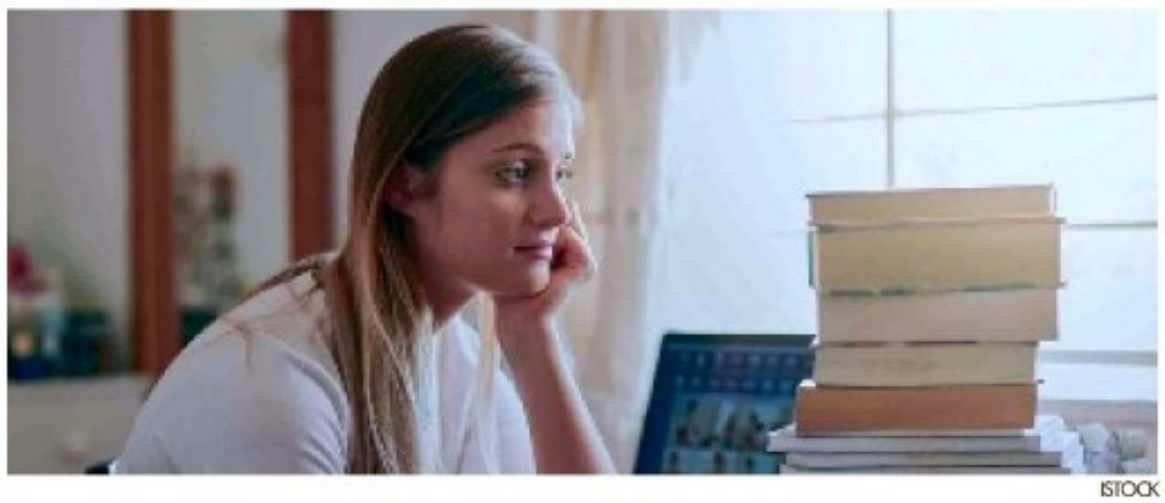

ISTOCK

THE SCHOOL YEAR IS OVER AND I'M FEELING UNSURE OF WHAT TO DO NEXT

Should you switch your major or continue on the same path?

Congratulations, your first year of post-secondary school is complete. But while you were expecting to emerge from the experience bowled over by your subject of study, you're now surprised to find that you're feeling unsure if it was the right field for you. With the next semester only a short summer away, how do you go about determining whether to pursue the same path, or to make a scholastic switch?

"Students firstly need to remember that in many cases introductory courses in a program of study offer a very general overview," says Stephanie Miller, coordinator of academic advising at the University of Winnipeg. "if they move forward in the same field they might find they're more satisfied and engaged with higher level courses which allows them to focus on a specific niche in that area of study."

"Meeting with upper-level students in the area of study can be helpful in confirming that the course they're taking will be a good fit going forward," says Miller, adding that conflicted students can also reach out to department chair or professors to find out why they love this field and how they came to chose this area of study.

Miller adds that when these moments of uncertainty arise, it's productive for a student to reflect on what drew them to that program in the first place, and to ponder what they were expecting or hoping to learn and how their expectations were not met.

"As an exercise I also encourage students to look at the second and third year courses of their program to see if they pique their interest," she says. "If they don't see anything, I'll remind them that it is very common for students to make changes to their program after their first year and we'll then brainstorm in order to find alternative options."

Diana McIntyre, counselor at George Brown College, emphasizes that if a student truly feels their program wasn't the right fit for their interests or career path, they should go ahead and organize a meeting with a career advisor or student counsellor to explore the next steps.

"We often see students who lack career clarity and find that the course they have selected is very different from what they had imagined," she says.

"It's crucial to discuss this with someone on campus, because the student might be able to transfer some of the courses that they have already completed from one program to the other," she says. "It's important for them to additionally consider how a switch like this might impact their academic schedule. Will this delay their graduation date? Will there be additional costs that they will have to incur?"

And if the student ultimately chooses to switch out of their current line of study, McIntyre says it's important for he or she to remember that the effort they put into this first year of study will not have been in vain.

"First year provides students a base of knowledge that will be required regardless of which stream they choose."

-LIZ BEDDALL

Dive deep into the field of emergency management

Disaster can strike at anytime, whether it be flood, fire, or tornado — or a man-made disaster, Calgary is not immune to such devastating events.

In times of disaster, preparation can help to ease the suffering that might occur.

With last week being Emergency Preparedness Week, Steve Armstrong, instructor of the emergency management and disaster recovery program has a few tips on how people can prepare for disaster.

"Have a 72-hour disaster kit (the instructions for these can be found at RedCross.ca) in your home," says Armstrong, who is also a speaker, consultant and author.

"Before a disaster strikes, review your household and tenant insurance with your broker to make sure you have the coverage you need ads think you have. And finally, come to terms that if you loose your home, government and NGOs will do their very best, but you are and need to be responsible for your own recovery."

For those looking to dive a little deeper into emergency management and disaster recovery, MRU's program helps individuals gain an understanding of the emergency management actions needed to help communities recover from natural and man-made disasters.

Long-term recovery touches on many sectors including emergency management, public health, housing, mental health and the environment.

"The instructors bring real-life and practical recovery experience from across Canada and the world to the students," says Armstrong.

"We endeavour to present the theory and then balance that with case studies and exercises to see what happens when theory bumps into real people and communities impacted by disaster."

Visit mru.ca/emergencymanagement for more information.

NEIL ZELLER

Be part of an emerging profession

Integrative health coaching is an emerging profession for those individuals looking to assist clients in developing and engaging them in healthy mindsets and behaviours.

Using evidence-based theory and practices, coaches assist their clients to improve their health and well-being through personal responsibility and self-motivation.

This week marks International Coaching Week (May 15 to 21) and Mount Royal University will be hosting an Open House/ Info Night on May 17 to promote the profession of coaching and raise awareness of the impacts of coaching.

CONTRIBUTED

The event will take place from 6 p.m. until 7:30 p.m. on the MRU Campus (EC1140) and will discuss topics such as what is and isn't coaching, give coaching demonstrations, spotlight MRU grads and where they are now, as well has hold a group table discussion with coaches and facilitators.

This event also highlights the integrative health coach extension certificate at MRU at has been designed for individuals who want to satisfy their passion for health promotion and enabling and empowering others to take an active role in their health and wellness.

"This program is program is great for anyone and everyone really — obviously health care professionals are a good fit, but this is not a requirement — we have had unemployed, underemployed, people from business, engineering, you name it," says Larissa Thurlow, integrated health coach program instructor, certified executive coach, professional certified coach.

"Through this program, individuals will learn to look at people and their wellness in a holistic and integrated way."

For more information about the integrative health coach extension certificate at MRU, visit mru.ca/healthcoach.

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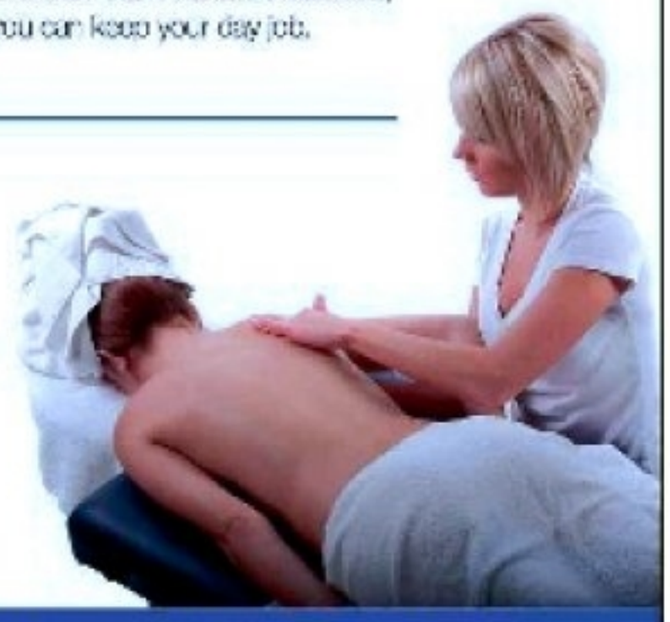

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LEARN ALL THE SKILLS TO WORK IN A MEDICAL CLINIC

CONTRIBUTED

The medical office assistant program at Robertson College is designed to help all students whether you are fresh out of high school or you are doing a career change.

"The program is well rounded and every student will be taught the fundamentals what every medical office assistant needs to work in a medical clinic," says Dr. Robert Lau, lead medical office assistant instructor, Robertson College, Calgary.

"The program is designed for all individuals who wish to make a difference in people's lives."

If you enjoy talking to a variety of different people on a daily basis, then consider the 44-week medical office assistant program.

Throughout the program, students will be trained in the areas of anatomy, physiology, medical terminology, medical transcription, customer service skills, office procedures, keyboarding and many other skill sets to work in any office settings.

Students will also learn about the various clinical procedures performed in a medical office including procedures regarding infection control, sanitation, and sterilization.

To put these skills to the test, students are required to complete a four-week practicum.

"The hands-on portion is important to the program as it teaches the students proper techniques to deal with all circumstances," says Lau.

"It also teaches the students the importance of getting the job done correctly and efficiently, as patients care are at stake."

Robertson College is an institution that cares for the success of the students.

"The course has set a high standard and once you graduate, you can feel confident that you have all the skills to accomplish any task that is set before you," says Lau.

"The staff is also dedicated so that every student has the ability to succeed once you graduate from the course."

For successful graduates of this program, they may find employment opportunities in medical clinics, physiotherapy clinics, diagnostic centres, chiropractic offices, AHS, and naturopathic offices, and more.

"It is a great time to enter this field as people always need a doctor's service, so medical office assistants are always needed," says Lau.

"Plus the city of Calgary is growing rapidly and many clinics are always opening up."

"Because we run a block system, students can enter the program at different times of the year," says Lau.

The next start date for this program is May 22. "We now offer morning and afternoon classes to better help individuals with scheduling issues from their personal lives."

This program is also offered online through Robertson Online.

For more information about the medical office assistant program at Robertson College, visit robertsoncollege.com.

Build a foundation in web design

In these economic times, employment is pretty scarce, so graphic designer Gordon Pattison picked up a few freelance jobs here and there creating logos and business cards.

After a few people approached Pattison to help create web pages for them, he saw the need to learn more on the subject.

To satisfy his desire to learn more about web design, Pattison enrolled in the web designer program at Academy of Learning Career College.

"I went to a few other collages here in Edmonton, each one having most of what I was looking for but not all," says Pattison.

"I found that the Academy of Learning had everything I was looking for — the class is well equipped and the staff are helpful and friendly."

Through this 43-week program, students learn the necessary skills and knowledge to build a web design foundation, learn industry-standard software programs, and produce a well-rounded and exciting portfolio.

Once Pattison completes this program, he is hoping the economy will have eased up, making it easier to secure employment.

"I'm gearing towards being a graphic/web design specialist and learning whatever it takes to get there one day, either freelance or full time," says Pattison.

"A regular nine to five job would be nice, if not I will continue with my freelance opportunities."

CONTRIBUTED

For more information about Academy of Learning and the programs offered, visit academyoflearning.ab.ca.

MAKE IT TODAY

Zesty Veggie Cream Cheese Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Feel free to swap out whichever vegetables you like best (or have on hand) but be sure to choose bright and crunchy options to contrast the smooth cream cheese.

Ready in 5 minutes
Prep Time: 5 minutes
Serves 2

Ingredients
- 1 carrot, grated or slice
- 1/2 English cucumber, grated
- 1/2 avocado, sliced
- 1 teaspoon lemon juice
- 1/4 to 1/2 cup light cream cheese
- 4 slices of whole grain bread

Directions

1. Begin by grating your carrot and grating or slicing cucumber into bowls. Now halve your avocado. Gently slice it in the shell and turn the slices out onto a plate. Sprinkle the slices with lemon juice to keep them from browning

2. Now it's time to assemble. Place four slices of bread down on a clean cutting board. Load two with cream cheese to your desired thickness

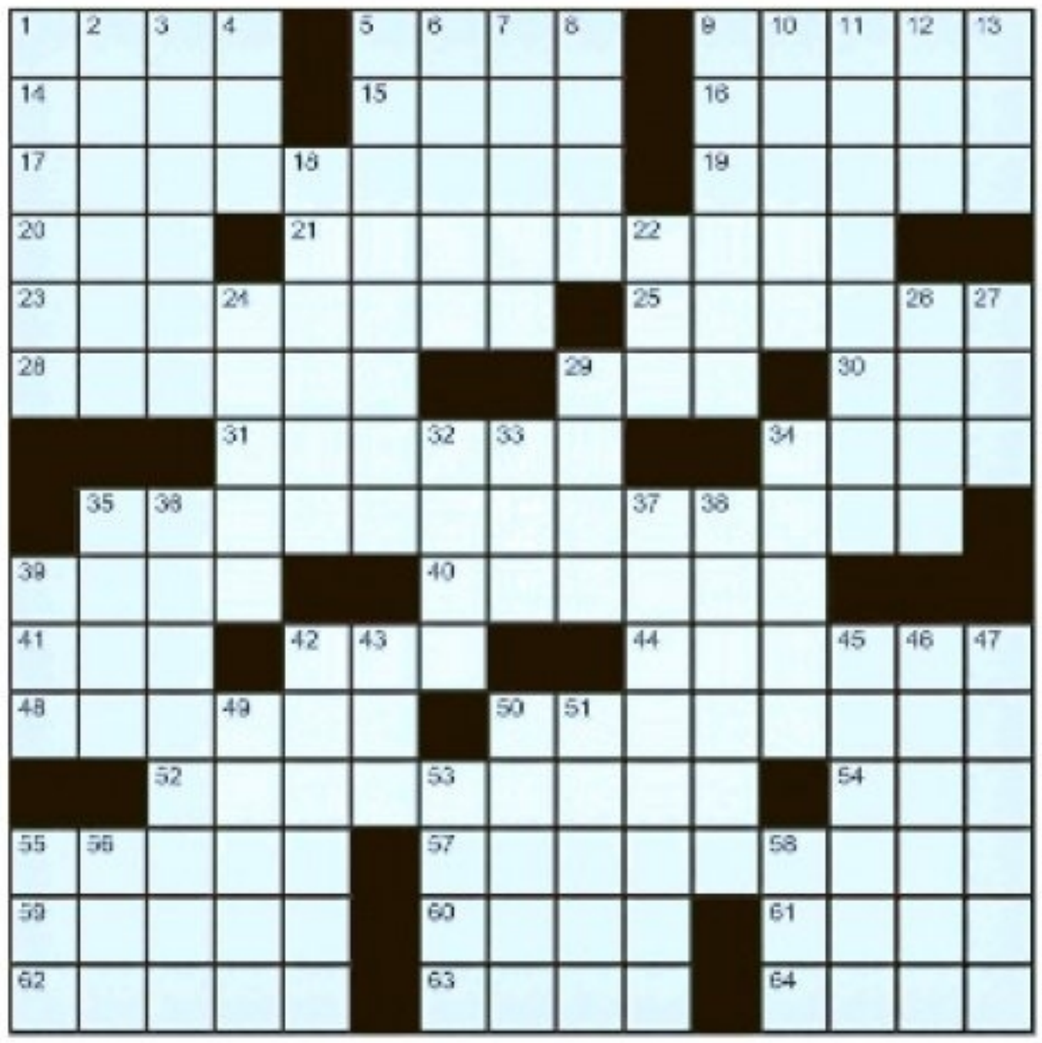
3. Sprinkle your desired amount of carrot and cucumber over the cheese and gently press it into the bread using the back of a wooden spoon or your hand.

4. Arrange a few slices of avocado on the remaining two pieces of bread. Pair up your avocado halves with the cheese halves and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Darn!"
5. Exec. levels
9. Make _ _ (Succeed)
14. Take _ _ (Attempt)
15. Count Basie's "_ _'Clock Jump"
16. North: Spanish
17. Canadian hockey great Russ
19. Famous pen name, Mark _
20. _ Savahl (Couture brand)
21. "Thinking of You" Canadian rock band
23. Like icicle-like decorations
25. 3-ring _
28. Eight-armed sea creatures
29. US Pres. from 1945 to 1953
30. _ _ _-1701 (U.S.S. Enterprise marking)
31. Street for Big Bird
34. "You're putting _ _, right?!"
35. Bit of the hit at #21-Across: "I was standing on the edge of town / I was doing my best to _ _ _ _.."
39. Neil Simon output
40. Cute crowns
41. Method/means
42. Caravansary
44. 'Dream'-meaning prefix
48. Specify
50. Party dance: 2 wds.
52. 1980 hit by #21-Across that goes "You know that you double-crossed me / Just how much can I endure?"
54. _ de Cologne
55. Rope: French
57. Dignified routes to take: 2 wds.
59. Hollywood's Mr. Hammer
60. Pulitzer-winning writer James
61. Creamy cheese
62. Home-_ business
63. Hasbro toy brand
64. Chemical suffixes

DOWN
1. _ _ _ the finish line
2. AECL = _ Energy of Canada Limited
3. No-show-er
4. Where Damascus is the capital city [abbr.]
5. Leonardo da Vinci masterpiece: 2 wds.
6. Tree's twisted knot
7. Mr. Savalas
8. Fish variety
9. 'Get' via the gut
10. Haul to the garage: 2 wds.
11. Now available: 2 wds.
12. "Take _, _ insist!"
13. _-Xer
18. Nicknamed Manitoba city from whence #21-Across hails: 2 wds.
22. Some CFL players
24. "_ _ _ things happened like..." (How about this scenario?)
26. MBA subject
27. Mil. force
29. 'Six'-meaning prefix
32. Memo abbr.
33. Avril's follower
34. Walk leisurely
35. Ice mass
36. Attorney partnerships: 2 wds.
37. TV culinary battle title: 2 wds.
38. Blythe of "Meet the Parents" (2000)
39. High deg.
42. Requiring resources: 2 wds.
43. 'Matrix' role
45. "Sources told me...": 2 wds.
46. Rock tour pro
47. Musical compositions
49. Rock music genre
50. Ecru
51. Felix _, Tony Randall's "The Odd Couple" character
53. Jackie of "Rush Hour" (1998)
55. Music legend Mr. Calloway
56. Songstress Rita
58. Kimono belt

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relationships with authority figures, especially those who are female authority figures, are touchy today. Therefore, tread carefully. Give some people a wide berth.

Taurus April 21 - May 21
Travel plans might change today or be canceled. Likewise, schedules and plans related to colleges, universities and technical schools also might change.

Gemini May 22 - June 21
Stay in touch with your bank account today, because something unexpected might affect your finances. Make sure you know what's happening. Discussions about inheritances and shared property will be up and down.

Cancer June 22 - July 23
Relationships with partners and close friends might be tricky today, because people feel independent and rebellious. Nobody wants to be told what to do

Leo July 24 - Aug. 23
Computer glitches and equipment breakdowns might create a change in your work routine today. Staff shortages or disagreements with someone also might affect your work flow. Stay chill.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids or children you work with, so be extra alert. Meanwhile, romantic partners might be sensitive or touchy. Be polite.

Libra Sept. 24 - Oct. 23
Something going on at home might go sideways today. It could be a family discussion or problems with a small appliance. Stay light on your feet to accommodate whatever happens.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open and be aware so that you can get through this day smoothly.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money today, because you might find money or you might lose money. Similarly, something you own might be broken, stolen or lost. Use caution.

Capricorn Dec. 22 - Jan. 20
You feel independent and even rebellious today. It's subtle, but it's there. Don't say anything that you will later regret.

Aquarius Jan. 21 - Feb. 19
Today you feel restless. You feel as if you're waiting for the other shoe to drop. We both know it will not fit you, and it probably will be ugly. Just relax.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone new who is a real character. Whatever the case may be, this is not a boring day when it comes to interacting with others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	2				1	7	
8	1						4	2
			9		1			
			6		9			
6				4				8
			1		8			
			4		2			
5	4						6	3
	8	6				7	1	

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7	1	8	4	3	2	6	9	5
2	6	5	8	9	1	3	4	7
9	4	3	7	5	6	2	1	8
6	9	2	3	4	8	5	7	1
8	7	1	5	2	9	4	6	3
5	3	4	1	6	7	8	2	9
3	5	6	9	1	4	7	8	2
1	2	7	6	8	5	9	3	4
4	8	9	2	7	3	1	5	6

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